

- Simplot Good Grains Couscous, Red Quinoa and Vegetable Blen...

Vegan/vegetarian;Simplifies varied cooking times of the multiple grains included;Consistent results—just heat and serve;Serve hot or chill after cooking for cold applications;Individually quick frozen for easy portioning



MARKETING



Nutrition Facts

8 Servings per container	
Serving Size	1 cup (136g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 3.5 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrates 26 g	9%
Dietary Fiber 3 g	11%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%

Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 80 mg	6%
Iron 3.3 mg	20%
Potassium 420 mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
10071179012931		205965		10071179012931		6/2.5#	
Brand		Brand Owner		GPC Description			
Simplot Good Grains™		Simplot Global Food, LLC		Grains/Cereal - Not Ready to Eat - (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
17 LBR	15 LBR	No		Canada		Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
13.375 INH	12 INH	7.125 INH	0.6618 FTQ	12x9	547 Days	-10 FAH / 10 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	NOT_APPLICABLE			NOT_COVERED_BY_FTL	

HANDLING SUGGESTIONS



Keep frozen 0°F or below

ALLERGENS



C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - N
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS



Cooked Israeli Couscous, Cooked Red and Brown Rice, Cooked Red Quinoa, Red and Yellow Bell Pepper, Carrots, Tomato, Peas, Basil, Vegetable Oil (Canola Oil and/or Soybean Oil), Contains less than 2% of Autolyzed Yeast Extract, Cane Sugar, Garlic Powder, Molasses Powder, Mushroom Powder, Natural Flavor, Onion Powder, Potassium Chloride Salt, Red and Green Bell Pepper Powder, Rice Flour, Roasted Garlic, Salt, Sea Salt, Shallots, Spices, Tomato Powder. Contains: Wheat.

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PREPARATION & COOKING SUGGESTIONS

Stove Top / Sauté STOVE TOP Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently.

SERVING SUGGESTIONS

A wonderful topper for fish or poultry. Versatile across a variety of menu segments. Great for use in salads or wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas, lasagnas and other casseroles.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	150	Total Fat	3.5 g	Sodium	230 mg
Protein	5 g	Trans Fat	0 g	Calcium	80 mg
Total Carbohydrates	26 g	Saturated Fat	0 g	Iron	3.3 mg
Sugars	2 g	Added Sugars	0 g	Potassium	420 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	20	Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)	20	Vitamin E		Niacin	
Vitamin C	20 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

GLUTEN	CONTAINS	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	MSG	NO_ADDED
CORN	CONTAINS				
VEGETARIAN	YES	TRANS_FAT	FREE_FROM	VEGAN	YES

MORE IMAGES



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