

762750 - Simplot Simple Goodness Premium Vegetables Shelled Ed...

Great source of protein in a plant-based dish; High quality, farm-fresh flavor and color; Reduces costly labor—just heat and serve; Consistent year-round quality and pricing



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10071179522768	762750	10071179522768	6/2.5 lbs

Brand	Brand Owner	GPC Description
Simplot Simple Goodness (TM)	J. R. Simplot Company	Vegetables - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
16.250 LBR	15.000 LBR	No	CN, US	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.375 INH	12.000 INH	5.125 INH	0.476 FTQ	12x11	730 Days	-10 FAH / 10 FAH

Nutrition Facts

78 Servings per container

Serving Size 2/3 cup (84g)

Amount Per Serving
Calories 100

% Daily Value*

Total Fat 4 g 5%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Total Carbohydrates 6 g 2%

Dietary Fiber 4 g 14%

Total Sugars 2 g

Includes 0 g Added Sugars 0%

Protein 9 g

Vitamin D 0 mcg 0%

Calcium 50 mg 4%

Iron 1.8 mg 10%

Potassium 405 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.

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - C
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

SERVING SUGGESTIONS



This shelled edamame offers bright green color, delicious flavor and texture. Perfect for grain bowls, salads, and vegan and vegetarian recipes. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.

INGREDIENTS



SOYBEANS. CONTAINS: SOY.

HANDLING SUGGESTIONS



Keep frozen 0°F or below

PREPARATION & COOKING SUGGESTIONS



Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	100
Protein	9 g
Total Carbohydrates	6 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	5 mg
Calcium	50 mg
Iron	1.8 mg
Potassium	405 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



CORN	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	MSG	NO_ADDED
VEGAN	YES	VEGETARIAN	YES		

MORE IMAGES

