

765548 - Simplot Good Grains Ancient Grains and Kale Blend, 6/...

An on-trend, complex grain & vegetable dish made easy; Consistent results—just heat and serve ; Serve hot or chill after cooking for cold applications; Individually quick frozen for easy portioning



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10071179035046	765548	10071179035046	6 x 2.5#

Brand	Brand Owner	GPC Description
Simplot Good Grains (TM)	J. R. Simplot Company	Grains/Cereal - Not Ready to Eat - (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
17.000 LBR	15.000 LBR	No	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.375 INH	12.000 INH	7.125 INH	0.6618 FTQ	12x9	547 Days	-10 FAH / 10 FAH

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

SERVING SUGGESTIONS

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entrées, soups and sides.

Nutrition Facts

54 Servings per container	
Serving Size	1 cup (127g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 4.5 g	6%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 240 mg	10%
Total Carbohydrates 26 g	9%
Dietary Fiber 3 g	11%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 50 mg	4%
Iron 1 mg	6%
Potassium 230 mg	4%

* 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.

INGREDIENTS

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

HANDLING SUGGESTIONS

Keep frozen 0°F or below

PREPARATION & COOKING SUGGESTIONS

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION. STOVE TOPHeat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently. MICROWAVE (1100 WATTS)Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute.CAUTION: PRODUCT WILL BE HOT.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	160
Protein	4 g
Total Carbohydrates	26 g
Sugars	1 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4.5 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	240 mg
Calcium	50 mg
Iron	1 mg
Potassium	230 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		

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