

# 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

## 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.

## 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 - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

## 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.

## 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 TOP Heat 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		

## MORE IMAGES

