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



1 cup (127g)

4%



MARKETING



Amount Per Serving Calories

Nutrition Facts

54 Servings per container

Serving Size

Potassium 230 mg

INGREDIENTS

	% 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%

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	
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 TIxHI Shelf Life Storage Temp From/						Storage Temp From/To	
	13.375 INH	12.000 INH	7.125 INH	0.6618 FTQ	12x9	547 Days	-10 FAH / 10 FAH

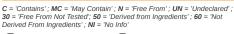
ALLERGENS







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.





(%) Peanuts - N



(1) Tree Nuts - N

(M) Shellfish - NI



Fish - N



(%) Sesame - N

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

 VEGAN
 YES
 VEGETARIAN
 YES

MSG
NO_ADDED

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