

765548 - Simplot Good Grains Ancient Grains and Kale Blend 6/2...

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

## Nutrition Facts

9 Servings per container

**Serving Size** 1 cup (127g)

**Amount Per Serving**

**Calories** 160

% Daily Value\*

<b>Total Fat</b> 4.5 g	<b>6%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 240 mg	<b>10%</b>
<b>Total Carbohydrates</b> 26 g	<b>9%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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.

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
10071179035046		765548		10071179035046		6 x 2.5#	
Brand		Brand Owner		GPC Description			
Simplot Good Grains™		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 LBR	15 LBR	No		Canada	Undeclared	No	
Shipping							
Length	Width	Height	Volume	TlxHI	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		
N/A		N/A	N/A		N/A		

### HANDLING SUGGESTIONS

Keep frozen 0°F or below

### 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 - N
Soybean - N	Fish - N
Wheat - N	Shellfish - NI
Sesame - N	Crustaceans - N
Molluscs - N	

### 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.

Simplot Good Grains™

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PREPARATION & COOKING SUGGESTIONS

Stove Top / Sauté 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.

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.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	160	Total Fat	4.5 g	Sodium	240 mg
Protein	4 g	Trans Fat	0 g	Calcium	50 mg
Total Carbohydrates	26 g	Saturated Fat	0.5 g	Iron	1 mg
Sugars	1 g	Added Sugars	0 g	Potassium	230 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		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	FREE_FROM				
VEGETARIAN	YES	TRANS_FAT	FREE_FROM	VEGAN	YES

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