## 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



# 9 Servings per containerServing Size1 cup (127g)

**Nutrition Facts** 

# 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

Potassium 230 mg

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

# HANDLING SUGGESTIONS Keep frozen 0°F or below



#### 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.

#### PREPARATION & COOKING SUGGESTIONS



4%

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.

#### **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.

#### 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'

(ii) Milk - N

Peanuts - N

( Eggs - N

(1) Tree - N

Soybean - N











( ! ) Molluscs - N

## 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	

4.5 g
0 g
0.5 g
0 g
0 mg
0 mcg

Sodium	240 mg
Calcium	50 mg
Iron	1 mg
Potassium	230 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**



### MORE IMAGES







