

Culinary Select Tuscan Blend



DILGARD # 06063

PRODUCT DESCRIPTION

- 40% Whole Green Beans.
- 25% Bias Sliced Carrots.
- 15% Yellow Squash.
- 10% Zucchini.
- 10% Red Pepper Strips.

UPC Code
602MJ662

INGREDIENTS

Whole green beans, carrots, zucchini, red peppers.

Storage

Frozen

Packaging Qty

8, 3 LB

Product Benefits

- Hearty and eye-appealing blend of field-fresh vegetables.
- Outstanding plate coverage and higher yields.

Preparation

- Stove Top: Cook 3 pounds on high for 6 minutes. Stir occasionally.
- Steamer: Arrange vegetables in a slotted full-size steam table pan. Cook 3 pounds for 4 minutes.
- Microwave: (2200 watts): Place 4 oz. of vegetables in microwave dish with 1 tablespoon water. Cover. Cook on high for 1 minute.

Nutritional

Serving Size: 3 z

Calories: 25

Calories from fat: 0

Total Fat: 0 g

Saturated fat: 0 g

Trans fat: 0 g

Cholesterol: 0 mg

Sodium: 10 mg

Total Carbohydrates: 6 g

Dietary fiber: 2 g

Sugars: 2 g

Protein: 1 g

Simplot