



Nutrition

Serving Size: 3 oz (84g/about 6 pieces)
Servings per Container: about 132
Calories: 45

	Amount per serving	% Daily Values*
Total Fat	0g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	12%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	28mg	2%
Iron	0.6mg	4%
Potassium	311mg	6%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Ingredients

BRUSSELS SPROUTS.



Brussels Sprouts

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. Tight and compact, these tender sprouts with deliver consistently mild flavor.

Product Specification

SKU	10071179183297
Pack Size	12/2lb
Brand	Simplot Simple Goodness™
Gross Wt	25.25 lb
Net Wt	24 lb
Manufacturing Country	BE
Corn Free	Y
Low Fat	Y
Low Sodium	Y
Sulfite Free	Y
Vegan	Y
Lacto-Ovo Vegetarian	Y
K-12	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	15.512 in
Width	11.375 in
Height	7.953 in
Case Cube	0.812
TixHi	10X9
Storage Temp From/To -10 ° F / 10 ° F	

Benefits

- Consistent sizing, quality and pricing all year long
- Eliminates raw trim loss of 20%
- Saves on valuable time and labor
- Individually quick frozen for easy portioning and less waste

Serving Suggestion

Deep fry, roast or steam and combine with bacon, parmesan or a drizzle of balsamic glaze.

Preparation Instructions For Food Safety and Quality

Method Type	Time	Temperature
Stove Top / Sauté	STOVE TOP 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables, and cook for 7 minutes, stirring as needed.	
Steamer	STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 7 minutes.	
Microwave	MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 2 Tbsp. of water and cover. 3. Cook on HIGH for 14 minutes, stirring halfway through cook time.	

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