



Nutrition		
Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	116kJ	155kJ
Protein	1.7g	2.2g
Fat, Total	0.2g	0.2g
- Saturated	<0.1g	<0.1g
Carbohydrate	3.5g	4.6g
- Sugars	2.6g	3.4g
Dietary Fibre	3.0g	4.0g
Sodium	23.0mg	31.0mg
< Means Less Than		

Ingredients
Carrot, broccoli core, green beans, peas, sweet corn.



Simplot[®]

Mixed Vegetables

A blend of peas, broccoli core, carrots, green beans and corn kernels.

Product Specification		Shipping Information	
SKU	40259	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell [®]	Height	221 MM
Gross Wt	12.68KG	Shelf Life	720 days
Net Wt	12KG		
Vegetarian	Y		
Halal Certified	Y		
Vegan	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Steamer Place frozen vegetables in a single layer onto a perforated tray and steam for 5 minutes or until tender.	5 minutes	100°C
Stove Top / Sauté Add 200g of frozen vegetables to boiling water and return to boil. Simmer for 1½ minutes or until tender.	1½ minutes	100°C
Microwave Place 200g of frozen vegetables into a microwave-safe dish, cover, and microwave on high for 3 minutes.	3 minutes	High
Stir Fry Blanch 200g of frozen vegetables in boiling water for 1 minute. Heat a small amount of oil in a wok over high heat. Add blanched vegetables to wok and stir fry for 1 minute or until tender.	1 minute	High

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