



# Simplot Simple Goodness™ - Cut Corn, Simply Sweet 12/2.5lb

The sweetest, most nutritious corn grows best in climates like the Pacific NW where the temperatures are hot during the day, cool in the evenings. Consistent quality and sweet taste with extra tender kernals.

## Nutrition Facts

Serving Size 2/3 cup (91g)  
Servings per container about 144

	Calories from fat 20
	% Daily Values *
Calories 90	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	8%
Sugars 8g	0%
Protein 3g	0%
Vitamin A	0%
Vitamin C	6%
Calcium	0%
Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Ingredients

Corn

## Product Specifications

SKU:	10071179187332
Pack:	12/2.50 LB
Brand:	Simplot Simple Goodness™
Gross Weight:	31.25 LB
Net Weight:	30.00 LB
Country of Origin:	US
Kosher:	No
Vegan:	Yes
Vegetarian:	Yes
Gluten Free:	Yes
Allergens:	Crustacean Shellfish Free, Egg Free, Fish Free, Milk Free, Peanut Free, Sesame Free, Soy Free, Tree Nut Free, Wheat Free, Gluten Free

## Shipping Information

Length:	16.375 IN
Width:	11.375 IN
Height:	8.500 IN
Case Cube:	0.920
TixHi:	10X6
Shelf Life:	720 Days
Storage Temp From/To:	-10 FA / 10 FA

## Benefits

- Sweeter than conventional corn varieties.
- Ready to use. no shucking, slicing or scraping required.
- No trim loss compared to raw trim loss of 72%.
- Excellent holding capabilities.

## Serving Suggestions

Consistent food costs. Make your own signature blends. Menu cycles do not have to coincide with fresh ingredient availability. Easily rotate your vegetarian menu offerings.

## Prep Instructions

Keep frozen until ready to use. For food safety and quality, cook to a temperature of 165°F. TO SERVE COLD: Prepare vegetables as stated below. Then cool as rapidly as possible to refrigerated temperature. STOVE TOP: Add one bag of frozen vegetables to 1 cup of water and bring to a boil in a large saucepan. Cover and simmer for 7 minutes, stirring frequently. MICROWAVE (1100 WATTS): Add one bag of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. Cover and cook on HIGH for 14 minutes, stirring halfway through cook time.