



Simplot Simple Goodness™ - Cut Corn, Simply Sweet®

Simplot Simple Goodness™ Grade A vegetables are picked and processed at the peak of ripeness for outstanding flavor, color and texture. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste.

Nutrition

Serving Size: 2/3 cup (91g)
Servings per container about 144
Calories: 90

	Amount per serving	% Daily Values
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	16g	6%
Dietary Fiber	2g	8%
Total Sugars	8g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	200mg	4%

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

CORN.

Product Specification

SKU	10071179187332
Pack	12/40oz
Brand	Simplot Simple Goodness™
Gross Weight	31.25lb
Net Weight	30lb
Country of Manufacture	US
Halal	Y
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	16 in
Width	10 in
Height	10.125 in
Case Cube	0.938
TixHi	12X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh, super sweet variety corn
- Reduces costly labor—no shucking or cutting
- Compare to raw trim loss of 72%
- No paying for drainage like canned
- Easy preps and excellent hold times

Serving Suggestions

This versatile ingredient is recipe-ready for sides, pastas, salads, soups and chowders, salsa, and more.

Preparation Instructions: for food safety and quality.

KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE
THAW AND SERVE 1. Thaw unopened package no more than six days at 40°F.

STOVE TOP (optional) 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed.

MICROWAVE (1100 WATTS) (optional) 1. Add one bag of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. 2. Cover and cook on HIGH for 14 minutes, stirring halfway through cook time.