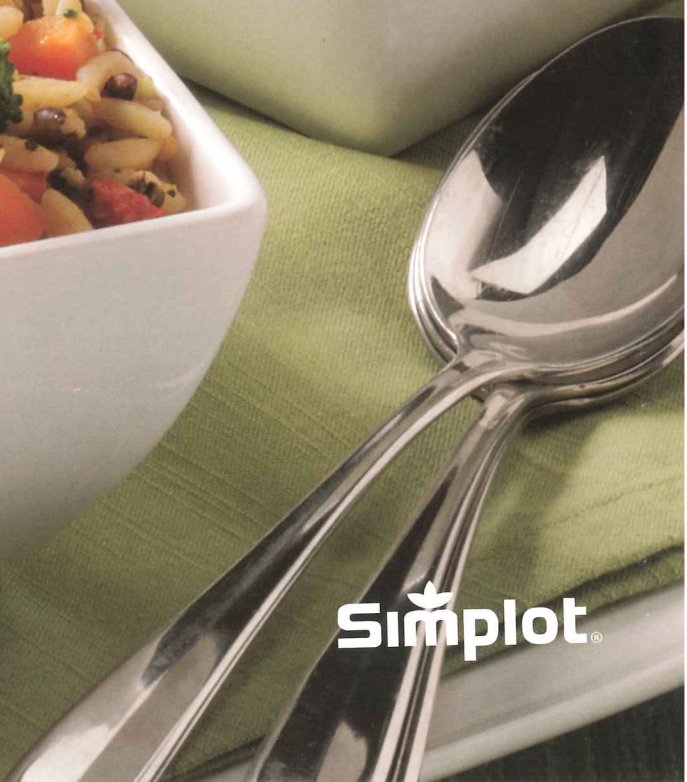




UpSides[®]
savory side dishes

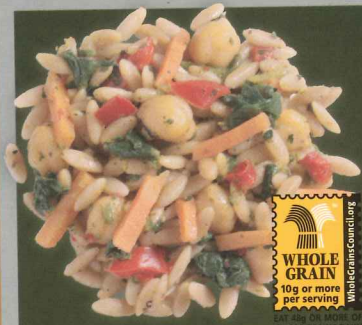
Whole Grain & Vegetable Blends

effortless. healthy. versatile.
scratch quality made simple



Simplot[®]

add healthy to the plate



9 grain orzo & spinach blend

whole grain orzo • spinach
carrots • garbanzo beans
red bell pepper

VEGETARIAN*	VITAMINS	FIBER	LOW FAT	0g TRANS FATS
	AC	6g		

SKU 10071179020462
Case/Pack 6/2.5 lb

Net Weight 15 lb
Gross Weight 17 lb

Case Cube 0.64
Tie X High 12x11



orzo, grains & vegetable blend

orzo • broccoli • carrots
red bell pepper • black barley
brown lentils • brown rice
red rice

VEGAN	VITAMINS	FIBER	LOW FAT	0g TRANS FATS
V	AC	3g		

SKU 10071179020479
Case/Pack 6/2.5 lb

Net Weight 15 lb
Gross Weight 17 lb

Case Cube 0.64
Tie X High 12x11



whole grain garden blend

whole grain orzo • carrots
green beans • brown lentils
red bell peppers • brown rice
black barley • red rice • onion

VEGETARIAN*	VITAMINS	FIBER	LOW FAT	0g TRANS FATS
	AC	3g		

SKU 10071179020486
Case/Pack 6/2.5 lb

Net Weight 15 lb
Gross Weight 17 lb

Case Cube 0.64
Tie X High 12x11

*Contains eggs and/or milk products. See nutrition panel for details.

9 grain orzo & spinach blend

Nutrition Facts

Serving Size 1 cup (117g)
Servings Per Container about 10

Amount Per Serving		Calories From Fat 25	
Calories 140			
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 310mg			13%
Total Carbohydrate 23g			8%
Dietary Fiber 6g			24%
Sugars 1g			
Protein 5g			
Vitamin A 30%	•	Vitamin C 20%	
Calcium 4%	•	Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

orzo, grains & vegetable blend

Nutrition Facts

Serving Size 1 cup (113g)
Servings Per Container about 10

Amount Per Serving		Calories From Fat 25	
Calories 120			
		% Daily Value*	
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 260mg			11%
Total Carbohydrate 21g			7%
Dietary Fiber 3g			12%
Sugars 2g			
Protein 4g			
Vitamin A 25%	•	Vitamin C 35%	
Calcium 2%	•	Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

whole grain garden blend

Nutrition Facts

Serving Size 1 cup (113g)
Servings Per Container about 10

Amount Per Serving		Calories From Fat 25	
Calories 110			
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 260mg			11%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			12%
Sugars 2g			
Protein 4g			
Vitamin A 30%	•	Vitamin C 20%	
Calcium 2%	•	Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4



preparation

9 grain orzo & spinach blend

2200 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 4½ minutes, stir, continue cooking for 4½ minutes. Let stand 1 minute.

1100 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 8 minutes, stir, continue cooking for 8 minutes. Let stand 1 minute.

Stove Top: Heat 1½ Tbsp. oil in a non-stick sauté pan over medium-high (or spray with non-stick cooking spray). Add contents of bag to sauté pan. Cover. Cook for 12 minutes or until heated through, stirring frequently. Let stand 1 minute.

orzo, grains & vegetable blend

2200 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 3½ minutes, stir, continue cooking for 3½ minutes. Let stand 1 minute.

1100 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 8 minutes, stir, continue cooking for 7 minutes. Let stand 1 minute.

Stove Top: Heat 1½ Tbsp. oil in a non-stick sauté pan over medium-high (or spray with non-stick cooking spray). Add contents of bag to sauté pan. Cover. Cook for 13 minutes or until heated through, stirring frequently. Let stand 1 minute.

whole grain garden blend

2200 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 4 minutes, stir, continue cooking for 4 minutes. Let stand 1 minute.

1100 watt microwave: Place contents of bag in microwave safe dish and cover. Microwave on High for 7 minutes, stir, continue cooking for 6 minutes. Let stand 1 minute.

Stove Top: Heat 1½ Tbsp. oil in a non-stick sauté pan over medium-high (or spray with non-stick cooking spray). Add contents of bag to sauté pan. Add 3 fl. oz. of water. Cover. Cook for 10 minutes or until heated through, stirring frequently. Let stand 1 minute.

ingredients

9 Grain Orzo & Spinach Blend: Whole Grain Orzo (water, pasta [whole grain flours {wheat, barley, rye, oats, amaranth, quinoa, millet, sorghum, teff}, wheat semolina, egg white]), Spinach, Carrots, Garbanzo Beans, Red Bell Pepper, Soybean Oil, Sea Salt, Dehydrated Vegetables (garlic, onion, bell pepper, parsley), Spice, Brown Sugar, Natural Flavor.

Contains: Wheat, Egg

Orzo, Grains & Vegetable Blend: Orzo (water, durum wheat semolina, niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Broccoli, Carrots, Red Bell Pepper, Black Barley, Brown Lentils, Brown Rice, Red Rice, Soybean Oil, Sea Salt, Dehydrated Vegetables (garlic, onion, bell pepper, parsley), Spice, Brown Sugar, Natural Flavor.

Contains: Wheat

Whole Grain Garden Blend: Whole Grain Orzo (water, pasta [whole grain flours {wheat, barley, rye, oats, amaranth, quinoa, millet, sorghum, teff}, wheat semolina, egg white]), Carrots, Green Beans, Brown Lentils, Red Bell Peppers, Brown Rice, Black Barley, Red Rice, Onion, Soybean Oil, Sea Salt, Dehydrated Vegetables (garlic, onion, bell pepper, parsley), Spice, Brown Sugar, Natural Flavor.

Contains: Wheat, Egg



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Whole Grain & Vegetable Blends