



# Simplot Good Grains™ - Ancient Grains and Kale Blend

Simplot Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today's health-conscious consumers. Our Ancient Grain and Kale Blend satisfies with red and brown rices, red quinoa, black barley and kale.

## Nutrition

Serving Size: 1 cup (127g)  
Servings per container about 54  
Calories: 160

	Amount per serving	% Daily Values
Total Fat	4.5g	6%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrates	26g	9%
Dietary Fiber	3g	12%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	220mg	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

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, CANOLA OIL, CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

## Product Specification

SKU	10071179035046
Pack	6/2.5lb
Brand	Simplot Good Grains™
Gross Weight	17lb
Net Weight	15lb
Country of Manufacture	CA
Halal	N
Kosher	N
Vegan	Y
Vegetarian	N
Low Fat	N
Low Sodium	N
Zero Grams Trans Fat	Y

## Shipping Information

Length	13.375 in
Width	12 in
Height	7.125 in
Case Cube	0.662
TixHi	12X9
Shelf Life	547 Days
Storage Temp From/To	-10FA / 10FA

## Benefits

- An on-trend, complex grain & vegetable dish made easy
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications
- Individually quick frozen for easy portioning

## Serving Suggestions

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entrées, soups and sides.

## Preparation Instructions: for food safety and quality.

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

**STOVE TOP** Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently.

**MICROWAVE (1100 WATTS)** Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.