



**Product Fact Sheet for
Schools and Child Care Institutions**

PRODUCT SPECIFICATION:	VEGETABLE / CARROTS, FROZEN: Simplot Classic® Carrots, Baby Whole / SKU 10071179184713: To be packed to U.S. Grade A Standard. PACK SIZE: 1/20 LB case.
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NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

FBG: Carrots, frozen <i>Baby</i>	FBG Servings per LB	Servings per Bag	Servings per Case	Cases for 100 Servings
1.47 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	10.90	N/A	218.00	0.46
2.94 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	5.45	N/A	109.00	0.92

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
¼ cup		¼ cup					
½ cup		½ cup					
¾ cup		¾ cup					
1 cup		1 cup					

**Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update. Servings are approximate.*

NUTRITION INFORMATION	¼ cup	½ cup
Gram Weight (g)	42	83
Calories (kcal)	15	35
Calories from fat (kcal)	0	5
Fat (g)	0	0
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	20	35
Potassium (mg)	75	150
Carbohydrates (g)	4	8
Dietary Fibers (g)	1	3
Total Sugars (g)	2	4
Protein (g)	0	1
Vitamin A (IU)	1470.84	2941.68
Vitamin C (mg)	1.77	3.55
Calcium (mg)	13.71	27.41
Iron (mg)	0.15	0.30

INGREDIENT STATEMENT:

Baby Carrots.

ALLERGEN INFORMATION:

N/A

FOOD SENSITIVITY INFORMATION:

Gluten-free. Vegan.

PREPARATION INSTRUCTIONS:

STEAMER:	Place 2 lbs. of frozen vegetables in a perforated half-size steam table pan. Do not add water or cover. Steam product in a preheated steamer for 4-5 minutes. Serve immediately.
STOVETOP:	Bring ¾ cup water and 2 lbs. of frozen vegetables to a boil in a 3-quart sauce pan. Cover and reduce heat to Medium. Simmer for 8-10 minutes until product is tender and thoroughly heated. Season and serve.

CASE PACK:

Dimensions (LxWxH):	12.125" x 9.875" x 9.375"	Pallet (TI/HI):	14 x 5
Shelf Life (days):	720 @ 0°F	Gross Weight (LB):	21.00

I certify that the above information is true and correct as of September 25, 2013.

Shawanda Brown, Regulatory Affairs and Nutrition Manager

J.R. Simplot Company / Food Group Technical Center

Phone: (208) 454-4659 / Fax: (208) 454-4636 / Mailing Address: P. O. Box 1059, Tech Center, Caldwell, ID 83606-1059