

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / BLEND, FROZEN: 10071179953661 Simplot Simple Goodness™ Peas & Diced Carrots, 1/20 LB. To be packed to U.S. Grade A Standards. To contain 60% Peas, 40% Diced Carrots.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.30 oz.	½ cup cooked vegetable	n/a	96.96

PRODUCT FORMULATION CREDITS					
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Peas, Green, frozen Includes USDA Foods	Starchy	1.98	x	9.59 / 16	1.1867
Carrots, frozen Slices Includes USDA Foods	Red/Orange	1.32	x	9.87 / 16	0.8142

Each 3.30 ounce serving of the product above contains 1/4 cup Starchy vegetable and 1/4 cup Additional vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION																																		
Peas, Carrots.	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">Nutrition Facts</th> </tr> <tr> <td colspan="2" style="font-size: small;">Serving Size 3.30 oz (94g)</td> </tr> <tr> <td colspan="2" style="font-size: x-small;">Amount Per Serving</td> </tr> <tr> <td style="font-weight: bold;">Calories 60</td> <td style="font-size: x-small;">Calories from Fat 5</td> </tr> <tr> <td colspan="2" style="text-align: right; font-size: x-small;">% Daily Value*</td> </tr> <tr> <td>Total Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 150mg</td> <td style="text-align: right;">6%</td> </tr> <tr> <td>Total Carbohydrate 11g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td style="text-align: right;">16%</td> </tr> <tr> <td>Sugars 4g</td> <td></td> </tr> <tr> <td>Protein 3g</td> <td></td> </tr> <tr> <td>Vitamin A 40%</td> <td>Vitamin C 8%</td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 6%</td> </tr> <tr> <td colspan="2" style="font-size: x-small;">*Percent Daily Values are based on a 2,000 calorie diet.</td> </tr> </table>	Nutrition Facts		Serving Size 3.30 oz (94g)		Amount Per Serving		Calories 60	Calories from Fat 5	% Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 150mg	6%	Total Carbohydrate 11g	4%	Dietary Fiber 4g	16%	Sugars 4g		Protein 3g		Vitamin A 40%	Vitamin C 8%	Calcium 2%	Iron 6%	*Percent Daily Values are based on a 2,000 calorie diet.	
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ALLERGENS PRESENT																																			
<input checked="" type="checkbox"/> None <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish																																			
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																		
<input checked="" type="checkbox"/> Gluten Free <input type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Kosher <input type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of USA, Netherlands, Austria, Italy, and/or Sweden																																		

COOKING INSTRUCTIONS	
Stove Top	Add 2.5 pounds of frozen vegetables to 1 cup of water and bring to a boil in a large saucepan. Cover and simmer for 7 minutes, stirring halfway through cook time.
Steamer	Arrange 2.5 pounds of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.
Microwave (1100 Watts)	Add 2.5 pounds of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. Cover and cook on HGIH for 20 minutes, stirring halfway through cook time.
To Serve Cold	Prepare vegetables as stated above. Then cool as rapidly as possible to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)					*Information may vary slightly by production facility
Gross Weight	21.50 LB	Case Cube (ft.³)*	0.60	Pallet TI / HI*	14 / 7
Outer Case Dimensions (L x W x H)*	13.75" x 10" x 7.5"			Shelf-Life	24 months

For questions, please contact the Bid Department at 208-334-8000.

I certify that the information provided is true and correct:


 Kelsey Farley
 Research Technologist