



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

|                               |  |
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| <b>PRODUCT SPECIFICATION:</b> | <b>VEGETABLE / CORN, FROZEN: Simplot Classic® Cob Corn, Simply Sweet 5.5" / SKU 10071179187417:</b><br>To be packed to U.S. Grade A Standard. <b>PACK SIZE:</b> 1/48 count case. |
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**NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION\***

| <b>FBG: Corn, frozen</b> <i>Corn on the cob 5¼-inch ear (medium) Includes USDA Foods</i> | <b>FBG Servings per LB</b> | <b>Servings per Bag</b> | <b>Servings per Case</b> | <b>Cases for 100 Servings</b> |
|--|----------------------------|-------------------------|--------------------------|-------------------------------|
| 1/2 cob (frozen) provides one - ¼ cup serving of creditable vegetable                    | 4.88                       | N/A                     | 96.00                    | 1.1                           |
| 1 cob (frozen) provides one - ½ cup serving of creditable vegetable                      | 2.44                       | N/A                     | 48.00                    | 2.1                           |

| <b>Creditable Serving Size</b> | <b>Dark Green</b> | <b>Red/Orange</b> | <b>Starchy</b> | <b>Beans/Peas</b> | <b>Other</b> | <b>Additional</b> | <b>Meat Alt.</b> |
|--------------------------------|-------------------|-------------------|----------------|-------------------|--------------|-------------------|------------------|
| <b>¼ cup</b>                   |                   |                   | ¼ cup          |                   |              |                   |                  |
| <b>½ cup</b>                   |                   |                   | ½ cup          |                   |              |                   |                  |
| <b>¾ cup</b>                   |                   |                   | ¾ cup          |                   |              |                   |                  |
| <b>1 cup</b>                   |                   |                   | 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.*

| <b>NUTRITION INFORMATION</b>   | <b>¼ cup</b> | <b>½ cup</b> |
|--------------------------------|--------------|--------------|
| Gram Weight (g) Edible Portion | <b>82</b>    | <b>163</b>   |
| Calories (kcal)                | 90           | 180          |
| Calories from fat (kcal)       | 5            | 10           |
| Fat (g)                        | 0.5          | 1.5          |
| Saturated Fat (g)              | 0            | 0            |
| Trans Fat (g)                  | 0            | 0            |
| Cholesterol (mg)               | 0            | 0            |
| Sodium (mg)                    | 0            | 0            |
| Potassium (mg)                 | 170          | 340          |
| Carbohydrates (g)              | 19           | 37           |
| Dietary Fibers (g)             | 2            | 4            |
| Total Sugars (g)               | 3            | 5            |
| Protein (g)                    | 2            | 5            |
| Vitamin A (IU)                 | 38.13        | 75.8         |
| Vitamin C (mg)                 | 4.78         | 9.51         |
| Calcium (mg)                   | 2.24         | 4.46         |
| Iron (mg)                      | 0.36         | 0.72         |

**INGREDIENT STATEMENT:**

Corn.

**ALLERGEN INFORMATION:**

N/A

**FOOD SENSITIVITY INFORMATION:**

Gluten-free. Vegan.

**PREPARATION INSTRUCTIONS:** *See [www.simplotfoods.com](http://www.simplotfoods.com) for additional preparation instructions.*

|                  |  |
|------------------|--|
| <b>STEAMER:</b>  | Arrange cobs in a half-size slotted steam table pan. Cook 17 minutes for 4-7 cobs.   |
| <b>STOVETOP:</b> | Turn temperature to High. Bring 4-quarts of water to boil in a 7-quart pot. Add frozen corn to boiling water. Cook 16 minutes for 4 cobs or 17 minutes for 7 cobs. |

| <b>CASE PACK:</b>          |                          |                           |       |
|----------------------------|--------------------------|---------------------------|-------|
| <b>Dimensions (LxWxH):</b> | 17.625" x 13.625" x 6.5" | <b>Pallet (TI/HI):</b>    | 8 x 8 |
| <b>Shelf Life (days):</b>  | 720 @ 0°F                | <b>Gross Weight (LB):</b> | 27.00 |

I certify that the above information is true and correct as of September 17, 2013.

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