

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / BLEND, FROZEN: 10071179188056 Simplot Classic® Winter Blend, 1/20 LB. To be packed to U.S. Grade A Standards. To contain 60% Broccoli and 40% Cauliflower.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.14 oz.	½ cup cooked, drained vegetable	n/a	101.91

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)
Broccoli, frozen Spears	Dark Green	1.884	x	10.90 / 16	1.2834
Cauliflower, frozen	Other	1.256	x	9.20 / 16	0.7222

Each 3.14 ounce serving of the product above contains 1/4 cup Dark Green vegetable and 1/4 cup Other/Additional vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION
Broccoli, Cauliflower.	<div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts</p> <p>Serving Size 3.14 oz (89g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 25 Calories from Fat 0</p> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0g 0%</p> <p> Saturated Fat 0g 0%</p> <p> Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 20mg 1%</p> <p>Total Carbohydrate 4g 1%</p> <p> Dietary Fiber 2g 8%</p> <p> Sugars 1g</p> <p>Protein 2g</p> <hr/> <p>Vitamin A 4% • Vitamin C 60%</p> <p>Calcium 2% • Iron 2%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></p> </div>
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 type="checkbox"/> Kosher <input type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of Mexico

COOKING INSTRUCTIONS	
Stove Top	Bring 4 quarts of water to boil in a 7-quart pan. Add frozen vegetables to boiling water. Cook 2¾ minutes for 1 pound or 3½ minutes for 2 pounds. Stir, as needed, for even heating.
Steamer	Arrange frozen vegetables in a slotted steam table pan. Cook 2 minutes for 1 pound or 3 minutes for 2 pounds.
Microwave (1100 Watts)	Arrange 1 pound of frozen vegetables with 2 Tbsp water in a microwave dish. Cook for 6½ minutes. Stir halfway through cook time.
Microwave (2200 Watts)	Arrange 1 pound of frozen vegetables with 2 Tbsp water in a microwave dish. Cook for 3 minutes. Stir halfway through cook time.
Sauté	Heat 2 Tbsp oil and ¼ cup butter in a 14" pan on Medium-Low heat. Add 2 pounds of frozen vegetables to hot pan. Add ¼ cup water and adjust heat as needed to prevent browning. Cook for 15 minutes. Stir frequently.
To Serve Cold	For food safety and quality, prepare vegetables as stated above. Then cool rapidly to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				<i>*Information may vary slightly by production facility</i>	
Gross Weight	21.50 LB	Case Cube (ft.³)*	0.84	Pallet TI / HI*	12 / 7
Outer Case Dimensions (L x W x H)*	16" x 10" x 9.125"			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