

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 110392— Spinach, Chopped, No Salt Added, Frozen (IQF)

**Category:** Vegetables  
**Subgroup:** Dark Green



### PRODUCT DESCRIPTION

This is U.S. Grade A frozen, chopped spinach. This product is individually quick frozen or IQF meaning that each piece is frozen separately and a scoop can be used to take out exactly what is needed. This item is available in 20 pound bulk cases.

### CREDITING/YIELD

- One case yields about 56 ½ -cup servings of cooked, drained spinach.
- CN Crediting: ½ cup cooked spinach credits as ½ cup dark green vegetable.

### CULINARY TIPS AND RECIPES

- Spinach can be added to many foods such as whole grain pasta dishes, eggs, or casseroles.
- Spinach can also be prepared with beans, rice, or with spices for a nutritious side dish.
- Offering spinach in a variety of forms can help schools meet the dark green vegetable requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (95g) spinach, frozen, chopped, cooked, drained, without salt

#### Amount Per Serving

**Calories** 32

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 92mg

**Total Carbohydrate** 5g

Dietary Fiber 4g

Sugars 0g

**Protein** 4g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.