



Simplot Simple Goodness™

Broccoli Cuts, IQF

Cut Size: 1" Pack: 12/2lb

SKU: 10071179180586

simple goodness

Nutrition

Serving Size: 3.34 oz. (about 1 cup)

Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	g	%
Total Sugars	1g	
Includes g Added Sugars		%
Protein	2g	
Vitamin D	mcg	%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	200mg	4%
Vitamin A	mcg	%
Vitamin C	48mg	50%

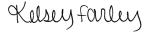
The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet.

Ingredients

BROCCOLI.

For questions, please contact the Bid Department at (800) 572-7783.

I certify that the information provided is true and correct:



Kelsey Farley Regulatory Manager 01/17/2024

USDA National Child Nutrition Program Product Specification Sheet

Serving Information			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.34 oz. (about 1 cup)	½ cup cooked, drained vegetable	9.58	114.97

Product Formulation Credits					
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Broccoli, frozen Cut or chopped	Dark Green	3.34	Χ	9.60 / 16	2.00

Each 3.34 ounce serving of the product above contains 1/2 cup Dark Green vegetable.

VEGETABLE / BROCCOLI, FROZEN: Packed to U.S. Grade A Standards*.

*Simplot internal grading program, modeled after USDA standards.

Product Specification	Prod	luct S	pecifi	catior	1
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Country of Origin	Product of Mexico
Meets Buy American Provision Exception Letter Available	N
Smart Snacks Compliant	Υ
Halal	N
Kosher	N
Vegan	Υ
Vegetarian	Υ
Zero Grams Trans Fat	Υ
Milk	N
Egg	N
Wheat	N
Soy	N
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

Benefits

- This broccoli is hand-cut and trimmed to our high standards
- Tender and crisp with uniform appearance
- Saves on valuable time and labor
- Individually quick frozen for easy portioning and less waste

Shipping Information Gross Weight 25.5lb Net Weight 24lb Length 17.125 in Width 11 5 in Height 11.125 in Case Cube 1 268 Tie High 9X8 Shelf Life 720 days -10°F / 10°F Storage Temp From/To

Serving Suggestions

This versatile ingredient is recipe-ready for sides, pasta, salads, soup, quiche and more.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE.

STOVE TOP 1. Bring 4 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 3 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2.

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