



Simplot Simple Goodness™
Broccoli Cuts, IQF
 Cut Size: 1"
 Pack: 12/2lb
 SKU: 10071179180586

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	X	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.

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

Kelsey Farley
 Regulatory Manager
 01/17/2024

Product Specification

Country of Origin	Product of Mexico
Meets Buy American Provision <i>Exception Letter Available</i>	N
Smart Snacks Compliant	Y
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Zero Grams Trans Fat	Y
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
Storage Temp From/To	-10°F / 10°F

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.

Add 2 Tbsp. of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.

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