



Simplot Simple Goodness™
Broccoli Spears, Wet Pack
 Pack: 12/2lb
 SKU: 10071179004349

USDA National Child Nutrition Program Product Specification Sheet

Nutrition

Serving Size: 2.94 oz.

Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	170mg	4%
Vitamin A	20mcg	2%
Vitamin C	42mg	45%

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

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.94 oz.	½ cup cooked, drained vegetable	10.88	130.61

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 Spears	Dark Green	2.94	X	10.90 / 16	2.00

Each 2.94 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

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

- Hand-cut and trimmed for uniform size and farm-fresh plate appeal
- Compare to raw trim loss of 25-35%
- No tough, fibrous material
- Consistent year-round quality and pricing

Shipping Information

Gross Weight	26lb
Net Weight	24lb
Length	18.375 in
Width	10.75 in
Height	9.25 in
Case Cube	1.057
Tie High	9X8
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

Manage food costs and enjoy the flavors of fresh all year long. Make your own signature blends with fresh ingredients or simply toss with seasonings and sauces for a flavorful side.

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 5 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 15 minutes.

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

Add 1/4 cup of water and cover. 3. Cook on HIGH for 14 minutes, stirring halfway through cook time.

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