



**GOODGRAINS.**



Simplot Good Grains™  
 Exotic Grains & Fire-Roasted Vegetable Blend  
 Pack: 6/2.5lb  
 SKU: 10071179012948

**USDA National Child Nutrition Program Product Specification Sheet**

**Serving Information**

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
115 g (about ¾ cup)	1 oz. equivalent Grains	9.85	59.11

**Product Formulation Credits**

Description of Creditable Grain Ingredient (dry weight)	Grams of Creditable Grain Ingredient per Serving (A)	Gram Standard of Creditable Grain per oz. equivalent (B)	Creditable Amount (A ÷ B)
Red Rice	12.94	28	0.4621
Brown Rice	11.90	28	0.4250
Red Quinoa	2.30	28	0.0821
Amaranth	0.92	28	0.0329
<b>Total</b>			<b>1.0021</b>

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Beans, Black (Turtle Beans), dry Whole	Beans & Peas (Legumes)	0.25	X	18.30 / 16	0.2859
Corn, frozen Whole Kernel, Includes USDA Foods	Starchy	0.30	X	11.00 / 16	0.2062
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.20	X	7.30 / 16	0.0912
Tomatoes, fresh Diced, Ready-to-use	Red/Orange	0.20	X	6.67 / 16	0.0833
Peppers, Green Chilies, canned Chopped	Other	0.16	X	7.98 / 16	0.0798
Onions, Mature, frozen Chopped	Other	0.16	X	5.94 / 16	0.0594
Peppers, Bell, frozen Green or Yellow, Diced	Other	0.08	X	7.30 / 16	0.0365

**Each 115 g serving of the product above contains 1.00 oz. equivalent Grains and 1/8 cup Additional vegetable.**

**WHOLE GRAIN BLENDS: Made with ancient grains. Meets whole grain-rich criteria and contains no non-creditable grains.**

**Nutrition**

Serving Size: 115 g (about ¾ cup)  
 Calories: 140

	Amount per serving	% Daily Values
Total Fat	3.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrates	23g	8%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	1.4mg	8%
Potassium	320mg	6%
Vitamin A	0mcg	0%
Vitamin C	20mg	20%

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

**Ingredients**

COOKED RED AND BROWN RICE, COOKED BLACK BEANS, CORN, COOKED RED QUINOA, TOMATOES, RED BELL PEPPER, ROASTED ANAHEIM CHILI PEPPER, ONION, COOKED AMARANTH, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CANE SUGAR, CILANTRO, GARLIC POWDER, GREEN AND RED BELL PEPPER POWDER, LIME JUICE POWDER (CORN SYRUP SOLIDS, LIME JUICE, NATURAL FLAVOR), MOLASSES POWDER, MUSHROOM POWDER, ONION POWDER, POTASSIUM CHLORIDE SALT, RICE FLOUR, ROASTED GARLIC, ROASTED YELLOW BELL PEPPER, SALT, SEA SALT, SPICES, TOMATO POWDER.

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

I certify that the information provided is true and correct:

**Product Specification**

Country of Origin	Product of Canada
Meets Buy American Provision	N
Smart Snacks Compliant	N
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	N
Sesame Seed	N

**Benefits**

- Vegan/vegetarian
- Simplifies varied cooking times of the multiple grains included
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications
- Meets consumer demands for whole grains at 21g per serving

**Shipping Information**

Gross Weight	17lb
Net Weight	15lb
Length	13.375 in
Width	12 in
Height	7.125 in
Case Cube	.662
Tie High	12X9
Shelf Life	547 days
Storage Temp From/To	-10°F / 10°F

Kelsey Farley

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Regulatory Manager  
03/09/2023

Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

### Serving Suggestions

Makes a wonderful whole grain cake with low-fat mayo, panko, and parmesan. Versatile across a variety of menu segments. Great for use in salads or wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas, lasagnas and other casseroles.

### Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

STOVE TOP Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 7 minutes, covered, stirring frequently.

MICROWAVE (1100 WATTS) Microwave half bag of frozen product, covered, on HIGH for 9 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.