



## USDA National Child Nutrition Program Product Specification Sheet

### Nutrition

Serving Size: 3.06 oz.

Calories: 70

	Amount per serving	% Daily Values
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.7mg	4%
Potassium	210mg	4%
Vitamin A	0mcg	0%
Vitamin C	21mg	25%

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

### Ingredients

CORN, BROCCOLI, COOKED BLACK BEANS, RED BELL PEPPER.

**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  
 02/24/2023

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.06 oz.	½ cup cooked, drained vegetable	10.45	125.49

### 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)
Corn, frozen Whole Kernel, Includes USDA Foods	Starchy	1.2699	X	11.00 / 16	0.8730
Broccoli, frozen Spears	Dark Green	1.0863	X	10.90 / 16	0.7400
Beans, Black (Turtle beans), dry Whole	Beans & Peas (Legumes)	0.5202	X	18.30 / 16	0.3035
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.1836	X	7.30 / 16	0.0838

**Each 3.06 ounce serving of the product above contains 1/8 cup Starchy vegetable, 1/8 cup Dark Green vegetable and 1/4 cup Additional vegetable.**

**VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards\*. To contain 41.5% Cut Corn, 35.5% Broccoli, 17% Black Beans and 6% Red Bell Peppers.**

\*Simplot internal grading program, modeled after USDA standards.

### Product Specification

Country of Origin	Product of USA, Canada, Mexico and/or Guatemala
Meets Buy American Provision	N
Smart Snacks Compliant	Y
Halal	Y
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

- Colorful blend of corn, broccoli, black beans and red pepper
- Consistent year-round quality and pricing
- Reduces costly labor—just heat and serve
- Individually quick frozen for easy portioning

### Shipping Information

Gross Weight	26lb
Net Weight	24lb
Length	16 in
Width	11.625 in
Height	8.375 in
Case Cube	.901
Tie High	10X7
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

Versatile and bursting with flavor, this blend can be an eye-catching side or a delicious ingredient for soups, pastas 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 5 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 4 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 18 minutes, stirring halfway through cook time.