



**GOODGRAINS.**



Simplot Good Grains™  
Multi-Grain Orzo, Garbanzo & Kale Blend  
Pack: 6/2.5lb  
SKU: 10071179020462

## USDA National Child Nutrition Program Product Specification Sheet

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
5.86 oz. (about 1¼ cup)	½ cup cooked, drained vegetable	6.82	40.95

### 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)
Kale, frozen Chopped	Dark Green	0.7032	X	12.10 / 16	0.532
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.9376	X	11.16 / 16	0.654
Beans, Garbanzo or Chickpeas, frozen Whole, IQF	Beans & Peas (Legumes)	0.8790	X	11.00 / 16	0.604
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.4688	X	7.30 / 16	0.214

Each 5.86 ounce serving of the product above contains 1/8 cup Dark Green vegetable, 1/8 cup Red/Orange vegetable, 1/8 cup Bean & Peas (Legumes) or 0.50 oz. Meat Alternate, and 1/8 cup Other/Additional vegetable.

**WHOLE GRAIN BLENDS:** Made with Ancient grains. To contain 16% Carrots, 15% Garbanzo Beans, 12% Kale and 8% Red Peppers. Product does not meet the whole grain-rich requirement.

### Nutrition

Serving Size: 5.86 oz. (about 1¼ cup)  
Calories: 190

	Amount per serving	% Daily Values
Total Fat	4g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	350mg	15%
Total Carbohydrates	32g	12%
Dietary Fiber	5g	18%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	60mg	4%
Iron	1.9mg	10%
Potassium	280mg	6%
Vitamin A	150mcg	15%
Vitamin C	18mg	20%

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

### Ingredients

COOKED WHOLE WHEAT ORZO PASTA (WATER, DURUM WHOLE WHEAT SEMOLINA), CARROTS, COOKED GARBANZO BEANS, KALE, RED BELL PEPPER, COOKED RED QUINOA, CONTAINS LESS THAN 2% OF BROWN SUGAR, DEHYDRATED VEGETABLES (GARLIC, ONION, BELL PEPPER, PARSLEY), NATURAL FLAVOR, POTASSIUM CHLORIDE SALT, SEA SALT, SPICES, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL). CONTAINS: WHEAT.

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

### 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
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	Y
Soy	N
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	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 10g 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

### Serving Suggestions

Versatile across a variety of menu segments. Great for use in different salads or for use in wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas and other casseroles. Makes a wonderful Risotto. Add to reduced shallots, white wine and cream.

### Preparation Instructions For Food Safety And Quality

03/09/2023

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 7 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.