



Nutrition

Serving Size: 5.83 oz. (about 1½ cup)
Calories: 160

	Amount per serving	% Daily Values
Total Fat	3.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	330mg	14%
Total Carbohydrates	28g	10%
Dietary Fiber	5g	18%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	1.4mg	8%
Potassium	240mg	6%
Vitamin A	0mcg	0%
Vitamin C	30mg	35%

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

Ingredients

COOKED NINE GRAIN ORZO PASTA (WATER, DURUM WHEAT SEMOLINA, WHOLE WHEAT FLOUR, WHOLE GRAIN FLOUR BLEND [BARLEY, RYE, WHOLE WHEAT, OAT, AMARANTH, QUINOA, MILLET, SORGHUM, TEFF]), BROCCOLI, RED BELL PEPPER, CARROTS, COOKED BROWN AND RED RICE, COOKED BLACK BARLEY, YELLOW CARROTS, COOKED BROWN LENTILS, COOKED RED QUINOA, CONTAINS LESS THAN 2% OF BROWN SUGAR, DEHYDRATED VEGETABLES (GARLIC, ONION, BELL PEPPER, PARSLEY), NATURAL FLAVOR, POTASSIUM CHLORIDE SALT, SEA SALT, SPICE, 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
03/09/2023

Simplot Good Grains™
Multi-Grain Orzo, Red Quinoa & Vegetable Blend
Pack: 6/2.5lb
SKU: 10071179020479

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
5.83 oz. (about 1½ cup)	½ cup cooked, drained vegetable	6.86	41.16

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 Florets, Trimmed Includes USDA Foods	Dark Green	0.9328	X	14.00 / 16	0.8162
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.6413	X	7.30 / 16	0.2925
Carrots, frozen Diced	Red/Orange	0.5247	X	10.66 / 16	0.3495
Carrots, frozen Sliced, Includes USDA Foods	Other	0.4081	X	11.16 / 16	0.2846
Lentils, dry	Beans & Peas (Legumes)	0.1399	X	29.60 / 16	0.2588

Each 5.83 ounce serving of the product above contains 1/8 cup Dark Green vegetable, 1/8 cup Red/Orange vegetable, and 1/4 cup Other/Additional vegetable.

WHOLE GRAIN BLENDS: Made with Ancient grains. To contain 16% Broccoli, 11% Red Peppers, 9% Carrots, 7% Yellow Carrots and 5% Lentils. Product does not meet the whole grain-rich requirement.

Product Specification

Country of Origin	Product of Canada
Meets Buy American Provision <i>Exception Letter Available</i>	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 11g per serving.

Shipping Information

Gross Weight	17lb
Net Weight	15lb
Length	in
Width	in
Height	in
Case Cube	.000
Tie High	12X10
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. An easy ingredient in frittatas, and other casseroles. Add to mac & cheese. Top with bacon and season with fresh rosemary. Top with buttery bread crumbs and cheese.

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