



Simplot Good Grains™
Ancient Grains and Kale Blend
Pack: 6/2.5lb
SKU: 10071179035046

Nutrition

Serving Size: 127 g (about 1 cup)
Calories: 160

	Amount per serving	% Daily Values
Total Fat	4.5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrates	26g	9%
Dietary Fiber	3g	11%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	230mg	4%
Vitamin A	60mcg	6%
Vitamin C	9mg	10%

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

Ingredients

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

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
01/18/2024

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
127 g (about 1 cup)	1.50 oz. equivalent Grains, 1/8 cup cooked, drained vegetable	8.92	53.57

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)
Brown Rice	27.89	28	0.9959
Red Rice	8.58	28	0.3065
Red Quinoa	4.59	28	0.1637
Black Barley	3.16	28	0.1129
Total			1.5790

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	0.67	X	12.10 / 16	0.50

Each 127 g serving of the product above contains 1.50 oz. equivalent Grains and 1/8 cup Dark Green vegetable.

WHOLE GRAIN BLENDS: Made with ancient grains. Brown & red rice, kale, red quinoa, black barley, garlic & seasoning. Meets whole grain-rich criteria, contains no non-creditable grains.

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	N
Soy	N
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

Benefits

- An on-trend, complex grain & vegetable dish made easy
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications
- Individually quick frozen for easy portioning

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

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entrées, soups and sides.

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 6 minutes, covered, stirring frequently.

MICROWAVE (1100 WATTS) Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.