



GOODGRAINS™



Simplot Good Grains™
Thai Style Red Quinoa & Vegetable Blend
Pack: 6/2.5lb
SKU: 10071179035053

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
142 g (about 1 cup)	1 oz. equivalent Grains	7.98	47.91

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	23.2	28	0.8285
Red Quinoa	4.94	28	0.1764
Total			1.0049

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, Soy, fresh (Edamame) Shelled	Beans & Peas (Legumes)	1.06	X	10.70 / 16	0.71
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.99	X	11.16 / 16	0.69
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.50	X	7.30 / 16	0.23

Each 142 g serving of the product above contains 1.00 oz. equivalent Grains, 1/8 cup Red/Orange vegetable, 1/8 cup Beans & Peas (Legumes) vegetable or 0.5 oz. Meat Alternate, and 1/8 cup Other/Additional vegetable.

WHOLE GRAIN BLENDS: Made with Ancient grains Brown Rice and Red Quinoa. Meets whole grain-rich criteria, contains no non-creditable grains.

Nutrition

Serving Size: 142 g (about 1 cup)
Calories: 150

	Amount per serving	% Daily Values
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrates	22g	8%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes 1g Added Sugars		2%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	1.4mg	8%
Potassium	280mg	6%
Vitamin A	100mcg	10%
Vitamin C	16mg	20%

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

Ingredients

COOKED BROWN RICE, SHELLED EDAMAME, CARROTS, RED BELL PEPPER, COOKED RED QUINOA, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BROWN SUGAR, DEXTROSE, GARLIC POWDER, GREEN ONION, LEMONGRASS POWDER, NATURAL FLAVOR, ONION POWDER, PARSLEY, SALT, SPICES, SUGAR, TURMERIC (FOR SPICE AND COLOR). CONTAINS: SOY.

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

Product Specification

Country of Origin	Product of Canada
Meets Buy American Provision	N
<i>Exception Letter Available</i>	
Smart Snacks Compliant	N
Halal	N
Kosher	N
Vegan	N
Vegetarian	N
Gluten Free	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	Y
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

Benefits

- Vegetarian and gluten-free
- Simplifies varied cooking times of the multiple grains included
- An on-trend, complex grain & vegetable dish made easy
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications

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

Great for bowls and wraps featuring poultry and fish. Made with ancient grains, these complex blends can elevate the color, flavor and texture in salads, entrees, 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 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.