



Nutrition

Serving Size: 3.09 oz.

Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	187mg	4%
Vitamin A	61mcg	6%
Vitamin C	18mg	20%

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

Ingredients

BROCCOLI, CARROTS, CAULIFLOWER, ZUCCHINI, YELLOW SQUASH.

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

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.09 oz.	½ cup cooked, drained vegetable	15.53	124.27

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	0.7725	X	14.00 / 16	0.6759
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.7725	X	11.16 / 16	0.5388
Cauliflower, frozen	Other	0.6180	X	9.20 / 16	0.3553
Squash, summer, frozen Yellow, Sliced	Other	0.4635	X	7.90 / 16	0.2288
Squash, summer, frozen Zucchini, Sliced	Other	0.4635	X	7.00 / 16	0.2027

Each 3.09 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.

VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards*. To contain 25% Broccoli Florets, 25% Smooth Sliced Carrots, 20% Cauliflower Florets, 15% Sliced Yellow Squash, 15% Sliced Zucchini.

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of Guatemala & Mexico
Meets Buy American Provision	N
Smart Snacks Compliant	Y
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

- Farm-fresh broccoli, carrots, cauliflower, yellow squash and zucchini
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning

Shipping Information

Gross Weight	25.25lb
Net Weight	24lb
Length	17.125 in
Width	11.5 in
Height	11.125 in
Case Cube	1.268
Tie High	9X8
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

A great protein side dish or a versatile ingredient in an eye-catching frittata or combine with shrimp, curry sauce and rice for a Thai-inspired menu favorite.

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 4 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 7 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 1/2 cup of water and cover. 3. Cook on HIGH for 18 minutes, stirring halfway through cook time.