



Simplot Simple Goodness™

Broccoli Florets, IQF

Pack: 1/20lb

SKU: 10071179050223

USDA National Child Nutrition Program Product Specification Sheet

Nutrition

Serving Size: 2.29 oz.

Calories: 20

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	130mg	2%
Vitamin A	0mcg	0%
Vitamin C	33mg	35%

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

Ingredients

BROCCOLI.

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

02/07/2024

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.29 oz.	½ cup cooked vegetable	n/a	139.73

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, No salt added	Dark Green	2.29	X	14.00 / 16	2.00

Each 2.29 ounce serving of the product above contains 1/2 cup Dark Green vegetable.

VEGETABLE / BROCCOLI, FROZEN: Packed to U.S. Grade A Standards*.

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of 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

- Hand-cut and trimmed for uniform size and farm-fresh plate appeal
- Compare to raw trim loss of 25-35%
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Shipping Information

Gross Weight	22lb
Net Weight	20lb
Length	15.75 in
Width	11.75 in
Height	11 in
Case Cube	1.178
Tie High	10X8
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

Manage food costs and enjoy the flavors of fresh all year long. Serve "as is," make your own signature blends with fresh ingredients or simply toss with seasonings and sauces for a flavorful side.

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 2 pounds of frozen vegetables and cook for 7 minutes, stirring as needed.

STEAMER 1. Arrange 2 pounds of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.

MICROWAVE 1. Place 2 pounds of frozen vegetables in a microwave safe dish. 2. Add 2 Tbsp. of

water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.

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