



**Nutrition**

Serving Size: 2.67 oz.

Calories: 20

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	150mg	4%
Vitamin A	0mcg	0%
Vitamin C	22mg	25%

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

**Ingredients**

CAULIFLOWER.

**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

01/17/2024

**USDA National Child Nutrition Program Product Specification Sheet**

**Serving Information**

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.67 oz.	½ cup cooked, drained vegetable	n/a	119.85

**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)
Cauliflower, frozen Riced	Other	2.67	X	12.00 / 16	2.00

**Each 2.67 ounce serving of the product above contains 1/2 cup Other vegetable.**

**VEGETABLE / CAULIFLOWER, 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 <i>Exception Letter Available</i>	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**

- On-trend: A popular, upscale item with generous margins
- Convenient: 20 lb. bulk packaging for high-volume users
- Versatile: Substitute for grains and legumes across the menu
- Less labor: Just heat and serve for consistent rice in as little as 3 minutes
- Healthy: Low carb and 1/6 the calories of regular rice

**Shipping Information**

Gross Weight	22lb
Net Weight	20lb
Length	15.875 in
Width	9.875 in
Height	8.625 in
Case Cube	.782
Tie High	12X7
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

**Serving Suggestions**

Simple Goodness™ Premium Vegetables Riced Cauliflower is a versatile, low-carb substitute for rice, flour, grains and legumes. Just heat and serve to offer the healthy appeal and great flavor today's health-conscious patrons are looking for.

**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 (optional) 1. Heat 3 Tbsp. oil in a large skillet over MED-HIGH heat. 2. Add approximately 1 lb. of frozen riced cauliflower and cook for 3 minutes, stirring frequently.

STEAMER 1. Place approximately 5 lbs. of frozen riced cauliflower in a solid, full-size steam table pan. 2. Steam for 9 minutes.

MICROWAVE (1100 WATT) 1. Place approximately 1/2 lb. of frozen riced cauliflower in a small microwave safe dish. 2. Cover with plastic wrap and heat for 3 minutes.

COMBI OVEN 1. Place approximately 5 lbs. of frozen riced cauliflower in a full-size baking sheet. 2. Heat for 5 minutes.