



Simplet Simple Goodness™

Riced Cauliflower

Pack: 1/20lb

SKU: 10071179050865

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
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*.

*Simplet 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.