



simple goodness™
FRUITS & VEGETABLES



Simplot Simple Goodness™
Diced Peppers & Onions Blend
Pack: 12/2lb
SKU: 10071179167624

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
4.80 oz.	½ cup cooked vegetable	6.66	80.00

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)
Onions, Mature, frozen Chopped	Other	2.1600	X	5.94 / 16	0.8019
Peppers, Bell, frozen Green or Yellow Diced	Other	2.1600	X	7.30 / 16	0.9855
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.4800	X	7.30 / 16	0.2190

Each 4.80 ounce serving of the product above contains 1/2 cup Other/Additional vegetable.

VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards*. To contain 45% Green Bell Peppers, 45% Onions and 10% Red Bell Peppers.

Nutrition

Serving Size: 4.80 oz.
Calories: 40

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.5mg	2%
Potassium	140mg	2%
Vitamin A	20mcg	2%
Vitamin C	41mg	45%

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

Ingredients

GREEN BELL PEPPER, ONIONS, RED BELL PEPPER.

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
02/24/2023

Product Specification

Country of Origin	Product of USA and/or Mexico
Meets Buy American Provision	N
Smart Snacks Compliant	Y
Halal	N
Kosher	Y
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

- Even cooking with consistent 3/8" dices
- 100% useable, no trim, loss or waste
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning

Shipping Information

Gross Weight	25.25lb
Net Weight	24lb
Length	16 in
Width	10 in
Height	10.125 in
Case Cube	.938
Tie High	12X6
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for omelets, soups, salads, and pizzas.

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.

SAUTÉ 1. Heat 1 Tbsp. oil in a large skillet on MEDIUM-HIGH. 2. Add one bag of frozen vegetables. Sauté for 9 minutes, stirring frequently.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 5 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag 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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