



Simple Goodness™  
**Broccoli Cuts, IQF**  
 Cut Size: 1"  
 Pack: 12/2lb  
 SKU: 10071179180586

## USDA National Child Nutrition Program Product Specification Sheet

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.34 oz. (about 1 cup)	½ cup cooked, drained vegetable	9.58	114.97

### 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 Cut or chopped	Dark Green	3.34	X	9.60 / 16	2.00

Each 3.34 ounce serving of the product above contains 1/2 cup Dark Green vegetable.

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

### Nutrition

Serving Size: 3.34 oz. (about 1 cup)

Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	g	%
Total Sugars	1g	
Includes g Added Sugars		%
Protein	2g	
Vitamin D	mcg	%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	200mg	4%
Vitamin A	mcg	%
Vitamin C	48mg	50%

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  
 Regulatory Manager  
 02/24/2023

### 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

- This broccoli is hand-cut and trimmed to our high standards
- Tender and crisp with uniform appearance
- Saves on valuable time and labor
- Individually quick frozen for easy portioning and less waste

### Shipping Information

Gross Weight	25.5lb
Net Weight	24lb
Length	in
Width	in
Height	in
Case Cube	.000
Tie High	9X8
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

This versatile ingredient is recipe-ready for sides, pasta, salads, soup, quiche and more.

### 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 3 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.

