



Nutrition

Serving Size: 2.91 oz.
 Calories: 90

	Amount per serving	% Daily Values
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	2g	7%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	180mg	4%
Vitamin A	0mcg	0%
Vitamin C	3mg	4%

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

Ingredients

CORN.

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

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.91 oz.	½ cup cooked vegetable	13.74	164.94

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)
Corn, frozen Whole Kernel, Includes USDA Foods	Starchy	2.91	X	11.00 / 16	2.00

Each 2.91 ounce serving of the product above contains 1/2 cup Starchy vegetable.

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

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of USA
Meets Buy American Provision	Y
Smart Snacks Compliant	Y
Halal	Y
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

- 6-day refrigerated shelf life
- Thaw and serve
- Farm-fresh, super sweet variety corn
- Reduces costly labor—no shucking or cutting
- Compare to raw trim loss of 72%
- No paying for drainage like canned

Shipping Information

Gross Weight	31.25lb
Net Weight	30lb
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 ingredient is recipe-ready for sides, pastas, salads, soups and chowders, salsa, and more.

Preparation Instructions For Food Safety And Quality

KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE

THAW AND SERVE 1. Thaw unopened package no more than six days at 40°F.

STOVE TOP (optional) 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed.

MICROWAVE (1100 WATTS) (optional) 1. Add one bag of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. 2. Cover and cook on HIGH for 14 minutes, stirring halfway through cook time.



Nutrition

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Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.89 oz.	½ cup thawed vegetable	13.84	166.08

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

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of USA
Meets Buy American Provision	Y
Smart Snacks Compliant	Y
Halal	Y
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

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