



## Nutrition

Serving Size: 3.06 oz.

Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%

Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	180mg	4%
Vitamin A	70mcg	8%
Vitamin C	26mg	30%

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

## Ingredients

BROCCOLI, CAULIFLOWER, CARROTS.

**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  
01/18/2024

## USDA National Child Nutrition Program Product Specification Sheet

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.06 oz.	½ cup cooked, drained vegetable	10.45	125.49

### 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	Other	0.918	X	9.20 / 16	0.5278
Broccoli, frozen Spears	Dark Green	1.224	X	10.90 / 16	0.8338
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.918	X	11.16 / 16	0.6403

**Each 3.06 ounce serving of the product above contains 1/8 cup Dark Green vegetable, 1/8 cup Red/Orange vegetable and 1/4 cup Other/Additional vegetable.**

**VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards\*. To contain 40% Broccoli, 30% Cauliflower and 30% Carrots.**

\*Simplot internal grading program, modeled after USDA standards.

### Product Specification

Country of Origin	Product of Guatemala and/or 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

- Hand-cut broccoli and cauliflower with bias-sliced carrots for scratch-made appearance
- Consistent year-round quality and pricing
- 100% useable, no trim loss
- Individually quick frozen for easy portioning and less waste

### Shipping Information

Gross Weight	25.25lb
Net Weight	24lb
Length	16.125 in
Width	10.125 in
Height	11.75 in
Case Cube	1.110
Tie High	10X7
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

Make your own signature blends with fresh ingredients or simply add flavorful seasonings, sauces or toppings, such as parmesan and bread crumbs.

### 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 5 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 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 18 minutes, stirring halfway through cook time.