



Simplot Simple Goodness™

Peas and Diced Carrots

Pack: 12/2.5lb

SKU: 10071179188551

## USDA National Child Nutrition Program Product Specification Sheet

### Nutrition

Serving Size: 3.20 oz.

Calories: 60

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	11g	4%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	1.1mg	6%
Potassium	170mg	4%
Vitamin A	100mcg	10%
Vitamin C	10mg	10%

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

### Ingredients

GREEN PEAS, 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

03/09/2023

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.20 oz.	½ cup cooked, drained vegetable	12.50	150.00

### 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)
Peas, Green, frozen Includes USDA Foods	Starchy	1.92	X	9.59 / 16	1.1508
Carrots, frozen Diced	Red/Orange	1.28	X	10.66 / 16	0.8528

Each 3.20 ounce serving of the product above contains 1/4 cup Starchy vegetable, 1/8 cup Red/Orange vegetable and 1/8 cup Additional vegetable.

VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards\*. To contain 60% Peas and 40% Diced Carrots.

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

### Product Specification

Country of Origin	Product of USA and/or Canada
Meets Buy American Provision	Y
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

- Sweet, tender peas with colorful carrots
- Consistent year-round quality and pricing
- Reduces costly labor—just heat and serve
- 100% useable, no trim, loss or waste
- Individually quick frozen for easy portioning

### Shipping Information

Gross Weight	31.25lb
Net Weight	30lb
Length	16 in
Width	11.625 in
Height	9.375 in
Case Cube	1.009
Tie High	10X8
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups 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 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 6 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 20 minutes, stirring halfway through cook time.