



Simplot Simple Goodness™
Italian Vegetable Blend
 Pack: 12/2lb
 SKU: 10071179188759

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.50 oz.	½ cup cooked, drained vegetable	9.14	109.71

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)
Squash, summer, frozen Zucchini, Sliced	Other	0.8750	X	7.00 / 16	0.3828
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.8750	X	11.16 / 16	0.6103
Cauliflower, frozen	Other	0.8400	X	9.20 / 16	0.4830
Beans, Green, Flat Italian, frozen Whole	Other	0.5600	X	9.30 / 16	0.3255
Beans, Lima, frozen Baby Whole	Starchy	0.1750	X	10.90 / 16	0.1192
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.1750	X	7.30 / 16	0.0798

Each 3.50 ounce serving of the product above contains 1/4 cup Other 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 25% Zucchini, 25% Carrots, 24% Cauliflower, 16% Italian Green Beans, 5% Lima Beans and 5% Red Peppers.

Nutrition

Serving Size: 3.50 oz.
 Calories: 35

	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	1g	4%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.5mg	2%
Potassium	200mg	4%
Vitamin A	70mcg	8%
Vitamin C	15mg	15%

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

Ingredients

CARROTS, CAULIFLOWER, ZUCCHINI, ITALIAN GREEN BEANS, 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
 03/09/2023

Product Specification

Country of Origin	Product of USA, Mexico and/or Europe
Meets Buy American Provision	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

- Zucchini, carrots, cauliflower, Italian green beans, lima beans, red bell pepper and a touch of salt
- Reduces labor costs and prep time
- Individually quick frozen for easy portioning
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste

Shipping Information

Gross Weight	25.25lb
Net Weight	24lb
Length	16 in
Width	11.625 in
Height	9.125 in
Case Cube	.982
Tie High	10X7
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

Great ingredient items for soups, casseroles, and stews. Mix with favorite house dressing for quick imaginative salads. Makes a quick and easy Antipasto Salad by just adding olives, salami, tortellini pasta, and Italian dressing.

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 7 minutes, stirring as needed.

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.