



USDA National Child Nutrition Program Product Specification Sheet

Nutrition

Serving Size: 5.72 oz.
 Calories: 60

	Amount per serving	% Daily Values
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrates	6g	2%
Dietary Fiber	3g	11%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	150mg	10%
Iron	1.7mg	10%
Potassium	470mg	10%
Vitamin A	240mcg	25%
Vitamin C	3mg	4%

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

Ingredients

SPINACH.

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
5.72 oz.	½ cup cooked, drained vegetable	8.39	100.69

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)
Spinach, frozen Chopped	Dark Green	5.72	X	5.60 / 16	2.00

Each 5.72 ounce serving of the product above contains 1/2 cup Dark Green vegetable.

VEGETABLE / SPINACH, FROZEN

Product Specification

Country of Origin	Product of USA or Mexico
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

- Higher percentage of tender leaves and less stem material for superior eating quality
- Farm-fresh color and flavor
- Consistent year-round quality and pricing

Shipping Information

Gross Weight	39.5lb
Net Weight	36lb
Length	22.5 in
Width	12.125 in
Height	7.75 in
Case Cube	1.224
Tie High	15X3
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

A valuable ingredient for healthy eating, enhance recipes such as soups with this premium quality, deep green spinach.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY: • Keep frozen until ready to cook. • Do not refreeze. • Heat to 165°F before use.

STOVE TOP 1. Bring 4 quarts of water to a boil on HIGH. 2. Add 3 lb of frozen vegetables. Bring to a second boil. Separate completely with fork. Cook for 14 minutes, stirring as needed.