



Nutrition

Serving Size: 2.84 oz.
 Calories: 60

	Amount per serving	% Daily Values
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	7g	3%
Dietary Fiber	3g	11%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.8mg	4%
Potassium	240mg	6%
Vitamin A	60mcg	6%
Vitamin C	20mg	20%

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

Ingredients

SOYBEANS, BROCCOLI, CARROTS, CORN, RED BELL PEPPER. CONTAINS: SOY

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

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.84 oz.	½ cup cooked, drained vegetable	14.08	84.50

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)
Beans, Soy, fresh (Edamame) Shelled	Beans & Peas (Legumes)	0.9372	X	10.70 / 16	0.6267
Broccoli, frozen Florets, Trimmed Includes USDA Foods	Dark Green	0.6816	X	14.00 / 16	0.5964
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.6248	X	11.16 / 16	0.4358
Corn, frozen Whole Kernel, Includes USDA Foods	Starchy	0.3124	X	11.00 / 16	0.2147
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.2840	X	7.30 / 16	0.1295

Each 2.84 ounce serving of the product above contains 1/8 cup Beans & Peas (Legumes) vegetable or 0.50 oz. equivalent Meat Alternate, 1/8 cup Dark Green 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 33% Edamame, 24% Broccoli Florets, 22% Julienne Carrots, 11% Cut Corn, 10% Diced Red Bell Peppers.

Product Specification

Country of Origin	Product of USA, China, and/or Mexico
Meets Buy American Provision	N <i>Exception Letter Available</i>
Smart Snacks Compliant	Y
Halal	Y
Kosher	N
Vegan	Y
Vegetarian	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	Y
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

Benefits

- Farm-fresh edamame, broccoli, carrots, corn, red bell pepper
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Shipping Information

Gross Weight	16.25lb
Net Weight	15lb
Length	13.375 in
Width	9.625 in
Height	7.875 in
Case Cube	.587
Tie High	15X8
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

This Asian-style vegetable and protein blend works as a side or in recipes. From pastas to soups to

sides, these premium vegetables will inspire the culinarian.

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 14 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 7 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 1/4 cup of water and cover. 3. Cook on HIGH for 18 minutes, stirring halfway through cook time.