



Simplot RoastWorks®  
**Flame-Roasted Cob Corn**  
 Cut Size: 3"  
 Pack: 8/12ct  
 SKU: 1007117967789

## USDA National Child Nutrition Program Product Specification Sheet

### Nutrition

Serving Size: 7.53 oz. (2 cobs)

Calories: 340

	Amount per serving	% Daily Values
Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrates	68g	25%
Dietary Fiber	10g	36%
Total Sugars	21g	
Includes 0g Added Sugars		0%
Protein	11g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1.5mg	8%
Potassium	0mg	0%
Vitamin A	100mcg	10%
Vitamin C	27mg	30%

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

### Ingredients

CORN.

**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  
 03/01/2023

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
7.53 oz. (2 cobs)	½ cup cooked vegetable	n/a	48.00

### 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)
Corn, frozen Corn on the cob, 3-inch ear (cobbette)	Starchy	7.53	X	4.25 / 16	2.00

**Each 7.53 ounce serving of the product above contains 1/2 cup Starchy vegetable.**

**VEGETABLE / CORN, FLAME-ROASTED FROZEN: Packed to U.S. Grade A Standards\*. 3" Roasted Super Sweet Cob Corn.**

### Product Specification

Country of Origin	Product of USA
Meets Buy American Provision	Y
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

- Reduces costly labor—no shucking or cutting
- Get the same, consistent roast day after day
- 100% edible yield, no waste. Compare to fresh loss of 72%.
- Roasted vegetables have broad appeal to customers
- RoastWorks® is the #1 brand of roasted vegetables in foodservice

### Shipping Information

Gross Weight	28.5lb
Net Weight	27lb
Length	20 in
Width	10.875 in
Height	8.375 in
Case Cube	1.054
Tie High	8X8
Shelf Life	547 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

Corn on the kebab or add sauces/seasonings for additional flavor.

### Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AND INTERNAL TEMPERATURE OF 165°F.

STEAMER Steam 12 cobs in a perforated pan for 15 minutes.

MICROWAVE (1100 WATTS) Loosely cover 3 cobs and microwave on HIGH for 9 minutes. Let stand for 1 minute.

CONVECTION OVEN Bake 12 cobs at 375°F for 22-26 minutes in a single layer on a sheet pan.