



Simplot Simple Goodness™

Parisian Carrots

Pack: 6/2.5lb

SKU: 10071179737339

USDA National Child Nutrition Program Product Specification Sheet

Nutrition

Serving Size: 2.94 oz.

Calories: 35

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrates	8g	3%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0mg	0%
Potassium	200mg	4%
Vitamin A	200mcg	20%
Vitamin C	4mg	4%

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

Ingredients

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

02/24/2023

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.94 oz.	½ cup cooked, drained vegetable	13.60	81.63

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)
Carrots, frozen Baby	Red/Orange	2.94	X	10.90 / 16	2.00

Each 2.94 ounce serving of the product above contains 1/2 cup Red/Orange vegetable.

VEGETABLE / CARROTS, FROZEN: Packed to U.S. Grade A Standards*.

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of Belgium
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

- Eye-catching color and shape
- Uniform sizing for even cooking
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Shipping Information

Gross Weight	16.5lb
Net Weight	15lb
Length	in
Width	in
Height	in
Case Cube	.000
Tie High	8X11
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

This uniquely shaped carrot variety is ideal for an upscale side dish. Make your own signature blends such as combining with roasted Brussels sprouts. Mix in rice or pasta and rotate in your vegetarian menu offerings.

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 10 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 1/4 cup of water and cover. 3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

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