



## Nutrition

Serving Size: 3.20 oz.

Calories: 60

|                          | Amount per serving | % Daily Values |
|--------------------------|--------------------|----------------|
| Total Fat                | 0g                 | 0%             |
| Saturated Fat            | 0g                 | 0%             |
| Trans Fat                | 0g                 |                |
| Cholesterol              | 0mg                | 0%             |
| Sodium                   | 15mg               | 1%             |
| Total Carbohydrates      | 11g                | 4%             |
| Dietary Fiber            | 4g                 | 14%            |
| Total Sugars             | 4g                 |                |
| Includes 0g Added Sugars |                    | 0%             |
| Protein                  | 3g                 |                |
| Vitamin D                | 0mcg               | 0%             |
| Calcium                  | 30mg               | 2%             |
| Iron                     | 1.1mg              | 6%             |
| Potassium                | 170mg              | 4%             |
| Vitamin A                | 100mcg             | 10%            |
| Vitamin C                | 10mg               | 10%            |

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

## Ingredients

PEAS, 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

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 |
|-----------------------------|---------------------------------|-----------------------------|------------------------------|
| 3.20 oz.                    | ½ cup cooked, drained vegetable | n/a                         | 100.00                       |

### 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) |
|--|--------------|--|----------|---------------------------|-------------------------------|
| Peas, Green, frozen Includes USDA Foods                | Starchy      | 1.92                                       | X        | 9.59 / 16                 | 1.1508                        |
| Carrots, frozen Diced                                  | Red/Orange   | 1.28                                       | X        | 10.66 / 16                | 0.8528                        |

**Each 3.20 ounce serving of the product above contains 1/4 cup Starchy 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 60% Peas, 40% Diced Carrots.**

\*Simplot internal grading program, modeled after USDA standards.

### Product Specification

|                              |                |
|------------------------------|----------------|
| Country of Origin            | Product of USA |
| Meets Buy American Provision | Y              |
| Smart Snacks Compliant       | Y              |
| Halal                        | N              |
| Kosher                       | Y              |
| 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

- 6-day refrigerated shelf life
- Thaw and serve
- Sweet, tender peas with farm-fresh flavor and bright green color
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and no waste

### Shipping Information

|                      |              |
|----------------------|--------------|
| Gross Weight         | 21.5lb       |
| Net Weight           | 20lb         |
| Length               | 13.375 in    |
| Width                | 9.625 in     |
| Height               | 8.125 in     |
| Case Cube            | .605         |
| Tie High             | 15X7         |
| Shelf Life           | 730 days     |
| Storage Temp From/To | -10°F / 10°F |

### Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups and more.

### Preparation Instructions For Food Safety And Quality

**KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE**

**THAW AND SERVE** Thaw unopened package no more than six days at 40°F.

**STOVE TOP (optional)** Bring 5 quarts of water to a boil on HIGH. Add 2½ pounds of frozen vegetables and cook for 6 minutes, stirring as needed.

**STEAMER (optional)** Arrange 2½ pounds of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.





Simplot Simple Goodness™  
**RTE Peas and Diced Carrots**  
 Pack: 1/20lb  
 SKU: 10071179953661

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| 3.20 oz.                    | ½ cup thawed vegetable  | n/a                         | 100.00                       |

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| Halal                        | N              |
| Kosher                       | Y              |
| Vegan                        | Y              |
| Vegetarian                   | Y              |
| Zero Grams Trans Fat         | Y              |
| Milk                         | N              |
| Egg                          | N              |
| Wheat                        | N              |
| Soy                          | N              |
| Sesame Seed                  | N              |
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