

USDA National School Lunch Product Fact Sheet

| | |
|-------------------------------|--|
| PRODUCT SPECIFICATION: | VEGETABLE / AVOCADO, FROZEN: 10071179029410 Simplot Harvest Fresh™ Avocado Dices, 12/2 LB. Fully ripened, 100% Hass Avocado, diced. Thaw and serve. |
|-------------------------------|--|

| SERVING INFORMATION | | | |
|-----------------------------|----------------------------|-----------------------------|------------------------------|
| Serving Size (as purchased) | Contribution Equivalent | Equivalent Servings Per Bag | Equivalent Servings Per Case |
| 1.96 oz. | ¼ cup raw, diced vegetable | 16.32 | 195.91 |

| PRODUCT FORMULATION CREDITS | | | | | |
|--|--------------|--|-------|---------------------------|-------------------------------|
| Food Buying Guide Description of Creditable Ingredient | FBG Subgroup | Oz. / Raw Portion of Creditable Ingredient | Mult. | FBG Yield / Purchase Unit | Creditable Amt. (quarter cup) |
| Avocados, fresh All sizes, Whole | Other | 1.96 | x | 8.20 / 16 | 1.00 |
| Each 1.96 ounce serving of the product above contains 1/4 cup Other vegetable. | | | | | |

| INGREDIENT STATEMENT | NUTRITION INFORMATION | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|-----------------|--|--------------|---------------|--------------------|--|-----------------|------------|----------------|--|---------------|-----|------------------|-----|--------------|--|-----------------|----|-------------|----|-----------------------|----|------------------|-----|-----------------|--|--------------------------|----|------------|--|----------------|----|--------------|----|------------|----|-----------------|----|-----------------|----|---------------|----|
| Avocado, Salt, Ascorbic Acid (to maintain natural color), Citric Acid. | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td style="text-align: right;">1.96 oz (56g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td style="text-align: right;">110</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> </thead> <tbody> <tr> <td>Total Fat 11g</td> <td style="text-align: right;">14%</td> </tr> <tr> <td> Saturated Fat 2g</td> <td style="text-align: right;">10%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 30mg</td> <td style="text-align: right;">1%</td> </tr> <tr> <td>Total Carbohydrate 4g</td> <td style="text-align: right;">1%</td> </tr> <tr> <td> Dietary Fiber 3g</td> <td style="text-align: right;">11%</td> </tr> <tr> <td> Total Sugars 0g</td> <td></td> </tr> <tr> <td> Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Protein 1g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 10mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Iron 0.5mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Potassium 310mg</td> <td style="text-align: right;">6%</td> </tr> <tr> <td>Vitamin A 20mcg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Vitamin C 4mg</td> <td style="text-align: right;">4%</td> </tr> </tbody> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small></p> | Nutrition Facts | | Serving size | 1.96 oz (56g) | Amount per serving | | Calories | 110 | % Daily Value* | | Total Fat 11g | 14% | Saturated Fat 2g | 10% | Trans Fat 0g | | Cholesterol 0mg | 0% | Sodium 30mg | 1% | Total Carbohydrate 4g | 1% | Dietary Fiber 3g | 11% | Total Sugars 0g | | Includes 0g Added Sugars | 0% | Protein 1g | | Vitamin D 0mcg | 0% | Calcium 10mg | 0% | Iron 0.5mg | 2% | Potassium 310mg | 6% | Vitamin A 20mcg | 2% | Vitamin C 4mg | 4% |
| Nutrition Facts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Serving size | | 1.96 oz (56g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amount per serving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 110 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 11g | 14% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 2g | 10% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 0mg | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 30mg | 1% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 4g | 1% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 3g | 11% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Sugars 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Includes 0g Added Sugars | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin D 0mcg | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium 10mg | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron 0.5mg | 2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potassium 310mg | 6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin A 20mcg | 2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin C 4mg | 4% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ALLERGENS PRESENT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> None <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADDITIONAL INFORMATION | COUNTRY OF ORIGIN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> Gluten Free <input type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Kosher <input type="checkbox"/> Halal <input type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision | Product of Peru | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| COOKING INSTRUCTIONS | |
|----------------------|---|
| To Serve Cold | KEEP FROZEN. DO NOT THAW IN MICROWAVE. For best quality, thaw unopened bag for 8 - 10 hours in the refrigerator (40°F) in single layer. OPENED BAG: Keep surface covered to prevent browning. Use refrigerated diced within 2 days. Best if used within 24 hours. Once thawed, do not refreeze. |

| CASE PACK AND SHELF LIFE (stored at 0°F or below) | | | | <i>*Information may vary slightly by production facility</i> | |
|---|----------------------------|-------------------------------------|-------------------|--|-------|
| Gross Weight | 26.00 LB | Case Cube (ft.³)* | 1.05 | Pallet TI / HI* | 9 / 9 |
| Outer Case Dimensions (L x W x H)* | 17.875" x 10.813" x 9.375" | | Shelf-Life | 730 days | |

For questions, please contact the Bid Department at 208-334-8000.

I certify that the information provided is true and correct:


 Kelsey Farley
 Research Technologist