

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / BROCCOLI, FROZEN: 10071179050223 Simplot Simple Goodness™ Broccoli Florets, 1/20 LB. Packed to U.S. Grade A Standards.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.94 oz.	½ cup cooked, drained vegetable	n/a	108.84

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)
Broccoli, frozen Spears	Dark Green	2.94	x	10.90 / 16	2.00
Each 2.94 ounce serving of the product above contains 1/2 cup Dark Green vegetable.					

INGREDIENT STATEMENT	NUTRITION INFORMATION																																												
Broccoli.	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td>2.94 oz (83g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>25</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td> Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 15mg</td> <td>1%</td> </tr> <tr> <td>Total Carbohydrate 4g</td> <td>1%</td> </tr> <tr> <td> Dietary Fiber 2g</td> <td>7%</td> </tr> <tr> <td> Total Sugars 1g</td> <td></td> </tr> <tr> <td> Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td>Protein 2g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 30mg</td> <td>2%</td> </tr> <tr> <td>Iron 0.4mg</td> <td>2%</td> </tr> <tr> <td>Potassium 170mg</td> <td>4%</td> </tr> <tr> <td>Vitamin A 20mcg</td> <td>2%</td> </tr> <tr> <td>Vitamin C 42mg</td> <td>45%</td> </tr> <tr> <td colspan="2"><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small></td> </tr> </table>	Nutrition Facts		Serving size	2.94 oz (83g)	Amount per serving		Calories	25	% Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 15mg	1%	Total Carbohydrate 4g	1%	Dietary Fiber 2g	7%	Total Sugars 1g		Includes 0g Added Sugars	0%	Protein 2g		Vitamin D 0mcg	0%	Calcium 30mg	2%	Iron 0.4mg	2%	Potassium 170mg	4%	Vitamin A 20mcg	2%	Vitamin C 42mg	45%	<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small>	
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ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																												
<input checked="" type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input type="checkbox"/> Kosher <input type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of Mexico or Guatemala																																												

COOKING INSTRUCTIONS	
Stove Top	Bring 4 quarts of water to a boil on HIGH. Add 2 pounds of frozen vegetables and cook for 7 minutes, stirring as needed.
Steamer	Arrange 2 pounds of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.
Microwave (1100 Watts)	Place 2 pounds of frozen vegetables in a microwave safe dish. Add 2 Tbsp. of water and cover. Cook on HIGH for 15 minutes, stirring halfway through cook time.
To Serve Cold	Prepare vegetables as stated above. Then cool as rapidly as possible to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				*Information may vary slightly by production facility	
Gross Weight	21.50 LB	Case Cube (ft.³)*	1.18	Pallet TI / HI*	10 / 4
Outer Case Dimensions (L x W x H)*	15.75" x 11.75" x 11"			Shelf-Life	24 months

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
Senior Regulatory Specialist

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