

## USDA National School Lunch Product Fact Sheet

<b>PRODUCT SPECIFICATION:</b>	<b>VEGETABLE / BROCCOLI, FROZEN: 10071179823629 Simplot Simple Goodness™ Broccoli Cuts, 1/20 LB.</b> 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
3.34 oz.	½ cup cooked, drained vegetable	n/a	95.80

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 Cut or chopped	Dark Green	3.34	x	9.60 / 16	2.00
Each 3.34 ounce serving of the product above contains 1/2 cup Dark Green vegetable.					

INGREDIENT STATEMENT	NUTRITION INFORMATION
Broccoli.	<b>Nutrition Facts</b> <b>Serving size</b> 3.34 oz (95g) <b>Amount per serving</b> <b>Calories</b> 30 <b>% Daily Value*</b> <b>Total Fat</b> 0g 0% <b>Saturated Fat</b> 0g 0% <b>Trans Fat</b> 0g <b>Cholesterol</b> 0mg 0% <b>Sodium</b> 15mg 1% <b>Total Carbohydrate</b> 5g 2% <b>Dietary Fiber</b> 2g 7% <b>Total Sugars</b> 1g <b>Includes 0g Added Sugars</b> 0% <b>Protein</b> 2g <b>Vitamin D</b> 0mcg 0% <b>Calcium</b> 30mg 2% <b>Iron</b> 0.4mg 2% <b>Potassium</b> 200mg 4% <b>Vitamin A</b> 20mcg 2% <b>Vitamin C</b> 48mg 50% <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small>
<b>ALLERGENS PRESENT</b>	
<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	
<b>ADDITIONAL INFORMATION</b>	<b>COUNTRY OF ORIGIN</b>
<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

COOKING INSTRUCTIONS	
<b>Steamer</b>	Place vegetables in a steam table pan. Do not add water or cover. Steam in a preheated steamer for 15 minutes.
<b>Stove Top</b>	Bring 4-quarts of water to a boil in a 7-quart sauce pan. Add frozen broccoli. Simmer for 5 minutes or until product is tender and thoroughly heated.
<b>Microwave</b>	Place frozen broccoli and ¼ cup water into a microwave-safe dish. Cover and cook on HIGH for 7 minutes or until product is thoroughly heated. Stir halfway through cooking time.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				*Information may vary slightly by production facility	
<b>Gross Weight</b>	21.50 LB	<b>Case Cube (ft.<sup>3</sup>)*</b>	0.84	<b>Pallet TI / HI*</b>	12 / 7
<b>Outer Case Dimensions (L x W x H)*</b>	16" x 10" x 9.125"			<b>Shelf-Life</b>	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*  
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Research Technologist

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