

BROCCOLI CUTS IQF



WEST CREEK.

Fresh harvested nutritious appearance, lightly blanched for a fresh texture composition

Item # **993279**

Nutrition Facts

Serving Size :	1 cup (89g)		
Serving Per Container :	102		
Amount Per Serving			
Calories :	22	Calories from Fat :	0
	Per Serving		%Daily Value*
Total Fat	0		0 %
Saturated Fat	0		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	21 mg		1 %
Total Carbohydrate	4 g		2 %
Dietary Fiber	3 g		12 %
Sugars	1 g		0 %
Protein	3 g		
	Per Srv		Per Srv
Vitamin A	18 %	Vitamin C	84 %
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300g	300g
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4		Protein 4

School Equivalents

Serving Size	
Meat/Meat Alternatives	
Fruit/Vegetables	
Grain/Bread	
Milk	
Child Nutrition*	BG

*Key: USDA=Item has USDA CN label

BG=Item is in the USDA Buyers Guide for Child Nutrition Program

PFS=Manufacturer has provided a Product Formulation Statement

Product Specifications:

MFG Product	UPC	Units/Case	UnitSize/Measure	Serving/Case
993279	00806795017892	1.0	20LB	102

Brand	Class	PBH
WEST CREEK	FROZEN FOOD PROCESS	VEGETABLES FROZEN

Gross Wt	Net Wt	Origin	Kosher	Child Nutrition
20.8	20.0		N	Y

Shipping Information:

LenXWidthXHt	TiHi	ShelfLife	TempZone	Wt Flag
15.7X10.0X10.2	907	365	FROZEN	N

Allergens:

Contains	May contain
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Handling Suggestions:

Handling: Versatile item holds up well in steam table establishments, great side dish, potato and pizza topping, ingredient for soups, serve cold tossed with Italian dressing. Keep frozen at 0 degrees

Benefits:

Benefits: Healthy green fresh frozen nutritious vegetable, convenient, little time preparation with fresh harvested tasted. Produced year round within the premium growing regions of the world.

Additional Information:

Ingredients:

broccoli



Information concerning nutritional values and product ingredients, including major food allergens, is obtained solely from the vendor or manufacturer of the specific product, without any edits or filters by PERFORMANCENet or PFG. In most cases, the vendor or manufacturer submits nutritional values to PFG as rounded values and not actual values; therefore, laboratory test results for nutritional content of multi-ingredient menu items may be different from the calculated values using the data provided. PFG does not perform any independent evaluation, review, or screening of the vendor's or manufacturer's compliance with federal, state, or local labeling requirements, or other claims. PERFORMANCENet and PFG provide this information solely as a courtesy, and make no representation concerning its accuracy. Always read the product label before use. PERFORMANCENet and PFG do not warrant or guarantee the information provided by the third party information content providers and expressly disclaim any liability arising therefrom.