

# Quest Food Management

002157 - veg green bean & tomato : nslp	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 4 Size of Portion: 3/4 cup	Meat/Alt: Grains: Fruit: Vegetable: 0.75 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903393 green bean frz gfs 360191.....	4 (0.5 cup = 0.5 cup)	steam per package instructions - add diced tomatoes with liquid, and spices.. heat until 165
903421 tomato diced in juice san benito pouch....	1 CUP (w liquid)	
002047 SALT, TABLE.....	1 dash	
799903 GARLIC, GRANULATED.....	1/4 tsp	
114657 PEPPER BLACK, GROUND.....	1/4 tsp	

\*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	33 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	31.83 mg	0.04%	Calories from Total Fat
Total Fat	0.00 g	Sodium	144 mg	Protein	0.70 g	Iron	0.78 mg	0.01%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	5.96 g	Vitamin A	441.7 IU	Water <sup>1</sup>	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	4.8 mg	Ash <sup>1</sup>	*0.11* g	72.08%	Calories from Carbohydrates
								8.42%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

360191 - BEAN GREEN CUT IQF 30# KE



General

Nutrition

Product Image



Based on: As Purchased

Rounding: Off



Description: AP Green Beans, Frzn

Ingredients: Green beans. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient state... [More](#)

Nutritional Information		
Serving Size: .66 cup (81 g)		
Amount Per Serving:		
<b>Calories</b>	<b>30</b>	<b>Calories From Fat: 0</b>
		% Daily Value
<b>Total Fat</b>	<b>0 g</b>	<b>0%</b>
Saturated Fat	0 g	0%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>5 g</b>	<b>2%</b>
Dietary Fiber	2 g	8%
Sugars	2 g	n/a
<b>Protein</b>	<b>1 g</b>	<b>2%</b>
Vitamin A -	2%	Vitamin C - 6%
Calcium -	4%	Iron - 2%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
Fat 9	Carbohydrates 4	Protein 4

School Equivalents	
Child Nutrition Label	No
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Bread	n/a
Updated for New Final Rule	
Meat/Meat Alternate	n/a
Grain/Bread	n/a
Fruit	n/a
Vegetable:	
Red/Orange	n/a
Dark Green	n/a

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	100 IU
Vitamin A	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a

Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	
n/a	

Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	3.6 mg
Folic Acid	n/a

<b>Ingredients</b>	Green beans. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated May 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. <a href="#">Back</a>
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360191 - BEAN GREEN CUT IQF 30# KE







**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 03-08-12)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

**100330 - SALSA, LOW-SODIUM, POUCH**

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Salsa can be used right from the pouch chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas.</li> <li>Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>NEVER USE food from pouches that are leaking or bulging.</li> <li>DON'T TASTE pouches with a foul odor, or that spurts liquid from the container when opened.</li> <li>Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

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**110186 - SALSA, LOW-SODIUM, POUCH**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Six 111 oz pouches</li> <li>One pouch AP yields about 106 oz (12<math>\frac{1}{3}</math> cups) salsa and provides about 49.3 <math>\frac{1}{4}</math>-cup servings vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup salsa provides <math>\frac{1}{4}</math> cup vegetable. It counts as <math>\frac{1}{4}</math> cup red/orange vegetable when all salsa ingredients are creditable vegetable ingredients.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened pouches of salsa in a cool, dry place. Never store pouch in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened pouch of salsa covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Salsa, low sodium, pouch

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (125 g)
Calories	22	45
Protein	0.93 g	1.86 g
Carbohydrate	4.34 g	8.68g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.39 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	167 mg	334mg
Vitamin A	341 IU	682 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	0 mg	0 mg