

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100359—Beans, Black (Turtle), Low-sodium, Canned

**Category:** Legume Vegetable/Meat Alternate



### PRODUCT DESCRIPTION

This item is Grade A canned, dried black turtle beans. They are packed in a low-sodium brine which contains 36-140 mg sodium per 1/2 cup serving. This product is available in cases with six #10 cans.

### CREDITING/YIELD

- One case of black beans provides about 83 1/2-cup servings of heated, drained beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Black beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be cooked as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (120 g) black beans, canned, low-sodium

#### Amount Per Serving

**Calories** 109

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 20g

Dietary Fiber 8g

Sugars 0g

**Protein** 7g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



# DICKINSON FROZEN FOODS, INC.

## Nutritional Information



| Blended Onion, Gree and Red Bell Pepper; IQF; 30 Lbs Case  |                     |              |                  |
|--|---------------------|--------------|------------------|
| DFF Item Number:   | 105358              | Revised:     | 17 October, 2016 |
| Customer Code:   |                     | Supersedes:  | New              |
| Page 1 of 2  | <b>CONFIDENTIAL</b> | QA Approval: | Manuel Juarez    |
| Dickinson Frozen Foods, Inc. 600 NW 21st Street (P.O. Box 1010), Fruitland, Idaho 83619 (208) 452-5200 |                     |              |                  |

### I. Nutritional Analysis (per 100g)

Onion 33%

Green Bell Pepper 34%

Red Bell Pepper 33%

#### Nutrients

##### Basic Components

|                             |       |
|-----------------------------|-------|
| Calories (kcal)             | 29.88 |
| Calories from Fat (kcal)    | 1.71  |
| Calories from SatFat (kcal) | 0.26  |
| Protein (g)                 | 1.08  |
| Carbohydrates (g)           | 6.89  |
| Total Dietary Fiber (g)     | 1.16  |
| Total Soluble Fiber (g)     | 0.39  |
| Total Sugars (g)            | 3.01  |
| Monosaccharides (g)         | 1.2   |
| Disaccharides (g)           | 0.36  |
| Other Carbs (g)             | 1.69  |
| Fat (g)                     | 0.19  |
| Saturated Fat (g)           | 0.03  |
| Mono Fat (g)                | 0.02  |
| Poly Fat (g)                | 0.09  |
| Trans Fatty Acid (g)        | 0     |
| Cholesterol (mg)            | 0     |
| Water (g)                   | 91.51 |

##### Vitamins

|                                |         |
|--------------------------------|---------|
| Vitamin A - IU (IU)            | 1069.79 |
| Vitamin A - RE (RE)            | 106.98  |
| Vitamin A - RAE (mcg)          | 53.49   |
| Carotenoid RE (RE)             | 106.98  |
| Retinol RE (RE)                | 0       |
| Beta-Carotene (mcg)            | 503.58  |
| Vitamin B1 (mg)                | 0.05    |
| Vitamin B2 (mg)                | 0.03    |
| Vitamin B3 (mg)                | 0.58    |
| Vitamin B3 - Niacin Equiv (mg) | 0.82    |
| Vitamin B6 (mg)                | 0.16    |
| Vitamin B12 (mcg)              | 0       |
| Biotin (mcg)                   | 1.25    |
| Vitamin C (mg)                 | 72.15   |
| Vitamin D - IU (IU)            | 0       |
| Vitamin D - mcg (mcg)          | 0       |
| Vitamin E - Alpha-Toco (mg)    | 0.55    |
| Folate (mcg)                   | 13.63   |
| Folate, DFE (mcg DFE)          | 13.63   |
| Vitamin K (mcg)                | 1.85    |
| Pantothenic Acid (mg)          | 0.07    |

## Nutrition Facts

servings per container

**Serving size** (100g)

**Amount per serving**

**Calories** **30**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 13mg **2%**

Iron 0mg **0%**

Potassium 135mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### **CONFIDENTIAL**

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# Heinz® Apple Cider Vinegar 50 Grain

Heinz® Apple Cider Vinegar begins with fine quality apples and crystal clear water. With its clean, mellow flavor, it's ideal for your favorite salads, marinades and recipes. This product is guaranteed to have the full 5% acidity required for successful canning and pickling.

| Variety  | Package Size                        |
|----------|-------------------------------------|
| 78000964 | Heinz® Apple Cider Vinegar 50 Grain |



## Ingredients

made from the juice of apples, diluted with water to a uniform pickling and table strength of 5% (50 grains) acidity.

Shelf life: 12 months

## Nutrition Facts

|   |           |                   |         |
|---|-----------|-------------------|---------|
| Serving Size 1Tbsp (15mL)   |           |                   |         |
| Servings Per Container about 14.130   |           |                   |         |
| Amount Per Serving  |           |                   |         |
| Calories  | 0         | Calories from Fat | 0       |
| % Daily Value *   |           |                   |         |
| Total Fat   | 0g        |                   | 0%      |
| Saturated Fat   | 0g        |                   | 0%      |
| Trans Fat   | 0g        |                   |         |
| Cholesterol   | 0mg       |                   | 0%      |
| Sodium  | 0mg       |                   | 0%      |
| Total Carbohydrate  | 0g        |                   | 0%      |
| Dietary Fiber   | 0g        |                   | 0%      |
| Sugars  | 0g        |                   |         |
| Protein   | 0g        |                   |         |
| Vitamin A   | 0%        | Vitamin C         | 0%      |
| Calcium   | 0%        | Iron              | 0%      |
| * Percent Daily Values are bases on a 2,000 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 | 300mg             | 300mg   |
| Sodium  | Less than | 2,400mg           | 2,400mg |
| Total Carbohydrate  |           | 300g              | 375g    |
| Dietary Fiber   |           | 25g               | 30g     |
| Calories Per Gram:  |           |                   |         |
| Fat 9 • Carbohydrate 4 • Protein 4  |           |                   |         |

[Click to Enlarge](#)



|  |                                 |                                |          |
|--|---------------------------------|--------------------------------|----------|
| <b>Attached Divisions</b>                  | 24                              | <b>Primary ASYS #</b>          | 7178205  |
| <b>Super Class</b>                         | 2 - GROCERY - DRY               | <b>Secondary ASYS #</b>        | 7612195  |
| <b>Class</b>                               | 29 - OILS & SHORTENING          | <b>Primary PSYS #</b>          | 293141   |
| <b>Category</b>                            | 328 - OIL, OLIVE & OLIVE BLENDS | <b>Product Master #</b>        | 1293340  |
| <b>Group</b>                               | 6390 - OIL, OLIVE BLENDS        | <b>USF Product #</b>           | 1293342  |
| <b>Manufacturer Number</b>                 | 14916 - CATANIA SPAGNA CORP     | <b>Manufacturer Product #</b>  | 11465    |
| <b>Manufacturer GLN Number</b>             | 14916                           | <b>Item ID</b>                 | 12472439 |
| <b>Minority Code</b>                       | 1 - NA                          | <b>Cash and Carry Eligible</b> | Yes      |
| <b>Brand Name</b>                          | SICILIA                         |                                |          |
| <b>Brand Type</b>                          | 1 - National                    |                                |          |
| <b>Country of Origin - Grown/Harvested</b> | US - United States              |                                |          |
| <b>Country of Origin - Processed</b>       |                                 |                                |          |

### Core

|                                       |   |  |         |
|---------------------------------------|---|--|---------|
| <b>Product Description</b>            | OIL, CANOLA OLIVE EXTRA VIRGIN 75/25 BLEND DOMESTIC SALAD PLASTIC JUG                                   | <b>Catch Weight Item</b>                 | No      |
| <b>Manufacturer Description</b>       |   | <b>Sales Pack Size</b>                   | 6/1 GA  |
| <b>Customer Description</b>           |   | <b>Purchase Pack Size</b>                | 6/1 GA  |
| <b>ASYS Description</b>               | OIL, CNOLA OLIV EX VRGN 75/25   | <b>Sales UOM</b>                         | CA      |
| <b>Retail Description</b>             | OIL,CNOLA OLIV EX   | <b>Smallest Sales Pack Unit</b>          | EA      |
| <b>Additional Description</b>         | IDEAL FOR SAUTEING, WITH HIGH HEAT STABILITY. YOU'LL GET THE GREAT TASTE OF OLIVE OIL WITHOUT THE COST. | <b>Each Conversion Factor</b>            | 6       |
| <b>Brand Owner Name</b>               | CATANIA-SPAGNA CORP.  | <b>Smallest Sales Pack USF Product #</b> | 9825550 |
| <b>SCC</b>                            | 10072071964809  | <b>Kosher</b>                            | Yes     |
| <b>GTIN</b>                           | 10072071964809  | <b>Halal</b>                             |         |
| <b>Barcode Attribute</b>              |   | <b>Child Nutrition Certificate</b>       | No      |
| <b>Retail UPC</b>                     | 072071964802  | <b>Beef Grade</b>                        |         |
| <b>Replacement USF Product Number</b> |   | <b>Certified Angus Beef</b>              | No      |
| <b>Pre-Frozen USF Product Number</b>  |   | <b>LFTB and BLBT Free</b>                |         |
| <b>Status</b>                         | Active  | <b>Trans Fat Free</b>                    | Yes     |
| <b>PIM Add Date</b>                   | 09/08/2005  | <b>Organic</b>                           | No      |
| <b>Discontinued Date</b>              |   | <b>Made from Renewable Resources</b>     | No      |
| <b>Meat Buyers Guide</b>              |   | <b>Recyclable</b>                        | No      |
| <b>Approved Manufacturers</b>         | 014916 CATANIA SPAGNA CORP  | <b>Cage Free</b>                         |         |
|                                       |   | <b>Rainforest Alliance Certified</b>     |         |
|                                       |   | <b>No FSE</b>                            | No      |
|                                       |   | <b>CES Catalog Page Number</b>           |         |

### Operation

|                              |                                     |                              |                  |
|------------------------------|-------------------------------------|------------------------------|------------------|
| <b>Purchase Pack Depth</b>   | 14.5 inches                         | <b>Sales Pack Depth</b>      | 14.5 inches      |
| <b>Purchase Pack Width</b>   | 13 inches                           | <b>Sales Pack Width</b>      | 13 inches        |
| <b>Purchase Pack Height</b>  | 12.5 inches                         | <b>Sales Pack Height</b>     | 12.5 inches      |
| <b>Net Weight</b>            | 46.2 lbs                            | <b>Volume</b>                | 1.364 cubic feet |
| <b>Gross Weight</b>          | 49.48 lbs                           | <b>Shelf Life</b>            | 730 days         |
| <b>Bill of Lading Code</b>   | 997 - FOODSTUFFS                    | <b>Guaranteed Shelf Life</b> |                  |
| <b>Storage Code</b>          | 10 - DRY FOOD                       | <b>Code Date Flag</b>        | Yes              |
| <b>Star Category</b>         | 13:001 - OIL & SHORTENING:SALAD OIL | <b>Basis</b>                 |                  |
| <b>RRE Flag</b>              | No                                  | <b>Mfr Pallet Hi</b>         | 4                |
| <b>Hazardous</b>             | No                                  | <b>Mfr Pallet Ti</b>         | 9                |
| <b>Handling Instructions</b> | store in cool dry area              |                              |                  |



# Seminole Chopped Garlic

## Nutrition Facts

### Seminole - Chopped Garlic

1. Servings:

1

1 tsp (equal to two garlic clove)

|                 |      |               |      |
|-----------------|------|---------------|------|
| Calories        | 15   | Sodium        | 0 mg |
| Total Fat       | 1 g  | Potassium     | 0 mg |
| Saturated       | 0 g  | Total Carbs   | 1 g  |
| Polyunsaturated | 0 g  | Dietary Fiber | 0 g  |
| Monounsaturated | 0 g  | Sugars        | 0 g  |
| Trans           | 0 g  | Protein       | 0 g  |
| Cholesterol     | 0 mg |               |      |
|                 |      |               |      |
| Vitamin A       | 0%   | Calcium       | 2%   |
| Vitamin C       | 0%   | Iron          | 0%   |

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





MONARCH

## Spice

CUMIN GROUND PLASTIC SHAKER SHELF STABLE SEASONING

# 760629



16 OZ

**\$10.59 / EA**

## Product Description

Manufacturer: MONARCH, Mfr. Product # 207822

### Additional Description

GROUND, DRIED FRUIT OF THE CUMINUM CYMINUM PLANT. EARTHY, HOT AND TANGY FLAVOR AND PALE GREEN TO TAN COLOR. SIMILAR IN APPEARANCE TO CARAWAY SEED BEFORE GRINDING. USE HAS INCREASED DRAMATICALLY DUE TO GROWING POPULARITY FOR MEXICAN, INDIAN AND NORTH AFRICAN FOODS. KOSHER UNION ORTHODOX.

### Ingredients

GROUND CUMIN SEEDS

## Preparation & Cooking

### Preparations and Cooking Instructions

Best when used during the cooking process. Start with 1/8th tsp. per serving and adjust from there. Unless a strong cumin flavor is desired, use sparingly as this spice is potent and will dominate other flavors.

### Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

### Serving Suggestions:

Ground Cumin is an essential ingredient in Mexican and Indian cooking. Use it in rice and curry dishes, chili, nachos, meatballs, guacamole, eggs and omelets, pork, lamb, chicken couscous, barbecue sauces and vegetables. For a unique flavor, try in breads and sweet baked goods.

All product information contained herein is subject to change, including pricing, promotions and nutritionals. For current information at the time of purchase, please contact your sales associate.



|  |                                      |                                |          |
|--|--------------------------------------|--------------------------------|----------|
| <b>Attached Divisions</b>                  | 56                                   | <b>Primary ASYS #</b>          | 0760397  |
| <b>Super Class</b>                         | 2 - GROCERY - DRY                    | <b>Secondary ASYS #</b>        |          |
| <b>Class</b>                               | 22 - GROCERY, DRY                    | <b>Primary PSYS #</b>          | 207430   |
| <b>Category</b>                            | 177 - SALT, SPICES & ADDITIVES, BULK | <b>Product Master #</b>        | 3021613  |
| <b>Group</b>                               | 3340 - SPICES                        | <b>USF Product #</b>           | 16542    |
| <b>Manufacturer Number</b>                 | 653 - ACH FOOD COMPANIES INC         | <b>Manufacturer Product #</b>  | 207192   |
| <b>Manufacturer GLN Number</b>             | 653                                  | <b>Item ID</b>                 | 12352819 |
| <b>Minority Code</b>                       | 1 - NA                               | <b>Cash and Carry Eligible</b> | Yes      |
| <b>Brand Name</b>                          | MONARCH                              |                                |          |
| <b>Brand Type</b>                          | 2 - Exclusive                        |                                |          |
| <b>Country of Origin - Grown/Harvested</b> | US - United States                   |                                |          |
| <b>Country of Origin - Processed</b>       |                                      |                                |          |

### Core

|                                       |   |  |        |
|---------------------------------------|---|--|--------|
| <b>Product Description</b>            | SPICE, OREGANO LEAF DRIED PLASTIC SHAKER SHELF STABLE SEASONING   | <b>Catch Weight Item</b>                 | No     |
| <b>Manufacturer Description</b>       | WHOLE OREGANO LEAVES - HOJAS DE OREGANO ENTERAS   | <b>Sales Pack Size</b>                   | 5 OZ   |
| <b>Customer Description</b>           |   | <b>Purchase Pack Size</b>                | 6/5 OZ |
| <b>ASYS Description</b>               | SPICE, OREG LEAF DRIED PLST   | <b>Sales UOM</b>                         | EA     |
| <b>Retail Description</b>             | SPICE, OREG LEAF  | <b>Smallest Sales Pack Unit</b>          | EA     |
| <b>Additional Description</b>         | WHOLE, DRIED LEAVES OF THE OREGANO PLANT. AS A MEMBER OF THE MINT FAMILY, IT HAS A SLIGHT MINT FLAVOR, ALONG W/ PUNGENT AND BITTER UNDERTONES. STRONG AND AROMATIC, IT IS GREEN IN COLOR AND HAS SLIGHTLY SMALLER LEAVES THAN PARSLEY; OFTEN CALLED THE PIZZA HERB. | <b>Each Conversion Factor</b>            | 1      |
|                                       |   | <b>Smallest Sales Pack USF Product #</b> |        |
|                                       |   | <b>Kosher</b>                            | Yes    |
|                                       |   | <b>Halal</b>                             |        |
|                                       |   | <b>Child Nutrition Certificate</b>       | No     |
|                                       |   | <b>Beef Grade</b>                        |        |
|                                       |   | <b>Certified Angus Beef</b>              | No     |
|                                       |   | <b>LFTB and BLBT Free</b>                |        |
|                                       |   | <b>Trans Fat Free</b>                    | Yes    |
| <b>Brand Owner Name</b>               | US Foods  | <b>Organic</b>                           | No     |
| <b>SCC</b>                            | 50758108087502  | <b>Made from Renewable Resources</b>     | No     |
| <b>GTIN</b>                           | N/A   | <b>Recyclable</b>                        | No     |
| <b>Barcode Attribute</b>              |   | <b>Cage Free</b>                         |        |
| <b>Retail UPC</b>                     | 758108087507  | <b>Rainforest Alliance Certified</b>     |        |
| <b>Replacement USF Product Number</b> |   | <b>No FSE</b>                            | No     |
| <b>Pre-Frozen USF Product Number</b>  |   | <b>CES Catalog Page Number</b>           |        |
| <b>Status</b>                         | Active  |  |        |
| <b>PIM Add Date</b>                   | 09/08/2005  |  |        |
| <b>Discontinued Date</b>              |   |  |        |
| <b>Meat Buyers Guide</b>              |   |  |        |
| <b>Approved Manufacturers</b>         | 000653 ACH FOOD COMPANIES INC   |  |        |

### Operation

|                              |   |                              |               |
|------------------------------|---|------------------------------|---------------|
| <b>Purchase Pack Depth</b>   | 7.625 inches  | <b>Sales Pack Depth</b>      | 3.813 inches  |
| <b>Purchase Pack Width</b>   | 8.313 inches  | <b>Sales Pack Width</b>      | 2.771 inches  |
| <b>Purchase Pack Height</b>  | 8.188 inches  | <b>Sales Pack Height</b>     | 8.188 inches  |
| <b>Net Weight</b>            | .31 lbs   | <b>Volume</b>                | .3 cubic feet |
| <b>Gross Weight</b>          | .52 lbs   | <b>Shelf Life</b>            | 730 days      |
| <b>Bill of Lading Code</b>   | 997 - FOODSTUFFS                                      | <b>Guaranteed Shelf Life</b> |               |
| <b>Storage Code</b>          | 10 - DRY FOOD   | <b>Code Date Flag</b>        | Yes           |
| <b>Star Category</b>         | 14:003 - COMMODITY                                    | <b>Basis</b>                 |               |
|                              | INGREDIENTS: SPICES/SEASONS/COLORINGS                 | <b>Mfr Pallet Hi</b>         | 4             |
| <b>RRE Flag</b>              | No  | <b>Mfr Pallet Ti</b>         | 20            |
| <b>Hazardous</b>             | No  |                              |               |
| <b>Handling Instructions</b> | Store in a cool, dark, dry place. Shelf life 2 years. |                              |               |



Product Image Unavailable

MCCORMICK

## Spice

PEPPER BLACK GROUND FINE PLASTIC SHAKER PURE

# 5395959

18 OZ

**\$12.58 / EA**

### Product Description

<b>Manufacturer:</b> MCCORMICK & COMPANY INC, Mfr. Product # 900223221

### Ingredients

BLACK PEPPER.

All product information contained herein is subject to change, including pricing, promotions and nutritionals. For current information at the time of purchase, please contact your sales associate.





## PEPPER BLACK GROUND FINE PLASTIC SHAKER PURE

MCCORMICK

18 OZ

**Manufacturer:** MCCORMICK & COMPANY INC

# 5395959

\$12.58 / EA

**Manufacturer Product #:** 900223221

### Shipping Information:

#### Physical Attributes

|                      |         |                |          |                |         |
|----------------------|---------|----------------|----------|----------------|---------|
| <b>Gross Weight:</b> | 1.35 LB | <b>Height:</b> | 8.313 IN | <b>Length:</b> | 2.81 IN |
| <b>Net Weight:</b>   | 1.12 LB | <b>Width:</b>  | 2.67 IN  | <b>Cube:</b>   | .036 CF |
| <b>Catch Weight:</b> | NO      |                |          |                |         |

#### Storage Information

|                          |       |
|--------------------------|-------|
| <b>Min. Temperature:</b> | 33 FA |
| <b>Max. Temperature:</b> | 90 FA |



# PEPPER BLACK GROUND FINE PLASTIC SHAKER PURE

MCCORMICK

18 OZ

Manufacturer: MCCORMICK & COMPANY INC

# 5395959

\$12.58 / EA

Manufacturer Product #: 900223221

## Nutritional Facts

Serving Size g (100g)  
Servings Per Container

Amount Per Serving

Calories 255 Calories from Fat 0

**% Daily Value \***

**Total Fat** 3g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 44mg **1%**

**Total Carbohydrate** 65g **21%**

Dietary Fiber 27g **0%**

Sugars 1g

**Protein** 11g

Vitamin A **5%**

Vitamin C **35%**

Calcium **43%**

Iron **160%**

\* Percent Daily Values are based on a 2,000 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 | 300mg  | 300mg  |
| Sodium             | Less than | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375mg  |
| Dietary Fiber      |           | 25g    | 30mg   |

## Supplemental Facts

**% Daily Value \***

*None Specified at this time*

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Allergens

| ALLERGEN   | DOES NOT CONTAIN | CONTAIN | MAY CONTAIN | NO DATA |
|------------|------------------|---------|-------------|---------|
| Crustacean |                  |         |             | ●       |
| Eggs       |                  |         |             | ●       |
| Fish       |                  |         |             | ●       |
| Gluten     |                  |         |             | ●       |
| Lactose    |                  |         |             | ●       |
| Milk       |                  |         |             | ●       |
| Mustard    |                  |         |             | ●       |
| Peanuts    |                  |         |             | ●       |
| Soy        |                  |         |             | ●       |
| Tree nuts  |                  |         |             | ●       |
| Wheat      |                  |         |             | ●       |

## Marketing Claims

- This product is kosher

## Nutritional Disclaimer

US Foods, Inc. obtains nutritional information from claims made by the product manufacturer(s). Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations and it may take some time to get our records updated to reflect these changes. We suggest you continue to read product labels as we cannot guarantee the information posted here is 100% accurate and current and as such cannot be responsible for individual reactions to any products listed here. In addition, any product images displayed are for reference only and may not reflect the most current packaging.

When precise nutritional information is important, our data is not a substitute for reading the label on the products you purchase or for contacting the manufacturer directly for additional details.



|  |                                      |                                |          |
|--|--------------------------------------|--------------------------------|----------|
| <b>Attached Divisions</b>                  | 56                                   | <b>Primary ASYS #</b>          | 0760397  |
| <b>Super Class</b>                         | 2 - GROCERY - DRY                    | <b>Secondary ASYS #</b>        |          |
| <b>Class</b>                               | 22 - GROCERY, DRY                    | <b>Primary PSYS #</b>          | 207430   |
| <b>Category</b>                            | 177 - SALT, SPICES & ADDITIVES, BULK | <b>Product Master #</b>        | 3021613  |
| <b>Group</b>                               | 3340 - SPICES                        | <b>USF Product #</b>           | 16542    |
| <b>Manufacturer Number</b>                 | 653 - ACH FOOD COMPANIES INC         | <b>Manufacturer Product #</b>  | 207192   |
| <b>Manufacturer GLN Number</b>             | 653                                  | <b>Item ID</b>                 | 12352819 |
| <b>Minority Code</b>                       | 1 - NA                               | <b>Cash and Carry Eligible</b> | Yes      |
| <b>Brand Name</b>                          | MONARCH                              |                                |          |
| <b>Brand Type</b>                          | 2 - Exclusive                        |                                |          |
| <b>Country of Origin - Grown/Harvested</b> | US - United States                   |                                |          |
| <b>Country of Origin - Processed</b>       |                                      |                                |          |

### Nutritional Values

| QTY UOM RDV   |    |       | QTY UOM RDV     |     |  | QTY UOM RDV |    |  | QTY UOM RDV |    |  | A L L E R G E N S |           |
|---------------|----|-------|-----------------|-----|--|-------------|----|--|-------------|----|--|-------------------|-----------|
| Recommended   |    |       | Polyunsaturated |     |  | Potassium   | mg |  | Omega 3     |    |  | Crustacean        | Not Known |
| Serving Size  | g  |       | Fat             | g   |  | Magnesium   | mg |  | Acids       |    |  | Eggs              | Not Known |
| Serving Size  | .2 | g     | Monounsaturated | g   |  | Pantothenic |    |  | Omega 6     |    |  | Fish              | Not Known |
| Servings per  |    |       | Fat             |     |  | Acid        |    |  | Acids       | 6  |  | Milk              | Not Known |
| Trade Item    |    |       | Other           | g   |  | Biotin      |    |  | Vitamin     |    |  | Mustard           | Not Known |
| Calories per  | 0  |       | Carbohydrates   |     |  | Riboflavin  | mg |  | B6          |    |  | Peanuts           | Not Known |
| Serving       |    |       | Ash             | g   |  | Niacin      |    |  | Vitamin     |    |  | Soy               | Not Known |
| Calories from |    |       | Zinc            | mg  |  | Niacin      |    |  | B12         |    |  | Tree Nuts         | Not Known |
| Fat per       | 0  |       | Iodine          |     |  | Equivalent  |    |  | Vitamin     |    |  | Wheat             | Not Known |
| Serving       |    |       | Folate          | mcg |  | Thiamin     | mg |  | Beta-       |    |  | Allergen          |           |
| Total Fat     | 0  | g 0%  | Phosphorous     | mg  |  | Copper      | mg |  | Carotene    |    |  | Relevant          |           |
| Saturated Fat | 0  | g 0%  |                 |     |  | Soluble     | g  |  | Vitamin D   |    |  | Data              |           |
| Trans Fat     | 0  | g     |                 |     |  | Fiber       |    |  | Vitamin E   |    |  | Provided          |           |
| Cholesterol   | 0  | mg 0% |                 |     |  | Insoluble   | g  |  | Vitamin K   |    |  | Allergen          |           |
| Sodium        | 0  | mg 0% |                 |     |  | Fiber       |    |  | Organic     | No |  | Relevant          |           |
| Total         | 0  | g 0%  |                 |     |  | Alcohol     |    |  | Claim       |    |  | Data              |           |
| Carbohydrates |    |       |                 |     |  | Sugar       |    |  | Agency      |    |  | Provided          |           |
| Dietary Fiber | 0  | g 0%  |                 |     |  | Alcohol     |    |  | Organic     |    |  | Date              |           |
| Total Sugar   | 0  | g     |                 |     |  | Water       | g  |  | Trade       |    |  | C L A I M S       | Yes/No    |
| Protein       | 0  | g     |                 |     |  |             |    |  | Item        |    |  | Cholesterol       |           |
| Calcium       | mg | 0%    |                 |     |  |             |    |  | Code        |    |  | Free              |           |
| Iron          | mg | 0%    |                 |     |  |             |    |  | Child       |    |  | Fat Free          |           |
| Vitamin C     |    | 0%    |                 |     |  |             |    |  | Nutrition   | No |  | Low Fat           |           |
| Vitamin A     |    | 0%    |                 |     |  |             |    |  | Certificate |    |  | Gluten Free       | Yes       |
| Nutrient      |    |       |                 |     |  |             |    |  |             |    |  | Lactose Free      |           |
| Relevant Data |    |       |                 |     |  |             |    |  |             |    |  | MSG Free          |           |
| Provided      |    |       |                 |     |  |             |    |  |             |    |  | Trans Fat         | Yes       |
| Nutrient      |    |       |                 |     |  |             |    |  |             |    |  | Free              |           |
| Relevant Data |    |       |                 |     |  |             |    |  |             |    |  | No Sugar          |           |
| Provided Date |    |       |                 |     |  |             |    |  |             |    |  | Added             |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | (NSA)             |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | No Added          |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Synthetic         |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Hormones          |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Cup Weight        |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | in Grams          |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Drained           |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Weight(lb)        |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Manganese         |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Manganese         |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | UOM               |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Molybdenum        |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Molybdenum        |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | UOM               |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | UOM               |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Selenium          |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | Selenium          |           |
|               |    |       |                 |     |  |             |    |  |             |    |  | UOM               |           |

**Ingredients** OREGANO LEAVES

### Merchandising

|   |   |  |    |
|---|---|--|----|
| <b>Merchandising Business Unit Name</b> | GROCERY & DAIRY - 100001                    | <b>GMO Free</b>  |    |
| <b>Merchandising Director Name</b>      | FROZEN - PREPARED, GROCERY & BAKERY - 10001 | <b>Made from Renewable Resources</b>                       |    |
| <b>Merchandising Desk Name</b>          | POTATOES, SOUPS AND SPICES -                | <b>Recyclable</b>  | No |
|   |   | <b>Low in Environmental Toxins(Seafood)</b>                |    |
|   |   | <b>Manufactured without Chlorine or Chlorine Compounds</b> |    |
|   |   | <b>Marine Stewardship Council Certified</b>                |    |
|   |   | <b>Minimally Processed</b>                                 |    |
|   |   | <b>No Added Synthetic Hormones</b>                         |    |
|   |   | <b>No Organohalogens Added to Product</b>                  |    |
|   |   | <b>Protected Harvest Certified</b>                         |    |

|  |   |   |
|--|---|---|
| <b>Merchandising Category Name</b>   | 1004<br>SALT,<br>PEPPER &<br>SPICES - 258   | <b>Rainforest Alliance Certified</b><br><b>Raised without Arsenic</b><br><b>rBST Free</b><br><b>Salmon Safe</b><br><b>USDA Certified Biobased Produc</b><br><b>Vegetarian</b><br><b>Vegan</b><br><b>Lacto-Ovo Vegetarian</b><br><b>Real Seal Dairy</b><br><b>Antibiotic Free</b><br><b>Contains Gelatin</b><br><b>Real Seal Dairy</b> |
| <b>Merchandising Business Unit Associate</b>                               | DOUGHERTY-<br>GROCERY<br>HENNEN<br>PULLINS  |   |
| <b>Merchandising Director Associate</b>                                    |   |   |
| <b>Merchandising Desk Associate</b>  |   |   |
| <b>LFTB and BLBT Free</b>  |   |   |
| <b>All Natural</b>   |   |   |
| <b>Animal Welfare Approved</b>   |   |   |
| <b>Aquaculture Certification Council Certified</b>                         |   |   |
| <b>Bird Friendly</b>   |   |   |
| <b>Cage Free</b>   |   |   |
| <b>Certified by USDA to Contain 95 percent or greater biobased content</b> |   |   |
| <b>Certified Humane</b>  |   |   |
| <b>Certified Processed Chlorine Free or Totally Chlorine Free</b>          |   |   |
| <b>Biodegradable</b>   |   |   |
| <b>Contains 100% Biobased Coatings</b>                                     |   |   |
| <b>Contains greater than 10 percent post-consumer recycled content</b>     |   |   |
| <b>Does Trade Item Contain Latex</b>                                       |   |   |
| <b>Environmental Choice Eco-Logo Certified</b>                             |   |   |
| <b>Fair Trade Certified</b>  |   |   |
| <b>Food Alliance Certified</b>   |   |   |
| <b>Forest Stewardship Council Certified</b>                                |   |   |
| <b>Free Range</b>  |   |   |
| <b>Grass Fed</b>   |   |   |
| <b>Green Restaurant Association Endorsed</b>                               |   |   |
| <b>Green Seal Certified</b>  |   |   |
| <b>Product Search Keywords</b>   |   |   |
| <b>Benefits</b>  |   |   |
| <b>Serving Suggestions</b>   | Works great in most Italian and Greek dishes. Also an important seasoning for many Mexican dishes. Perfect for spaghetti, pizza or any other red based sauce. Try sprinkled on eggplant, chicken, seafood and fish, pork or turkey. Makes a great herbed butter for bread and makes cornbread and biscuits tasty and appealing. |   |
| <b>Preparation Instructions</b>  | For full flavor development, add at the beginning of the cooking process but reserve a fourth of the Oregano and stir in the last 10-15 minutes of cooking. Start by using 1/4 tsp. per serving and adjust from there.  |   |



|  |                                      |                                |          |
|--|--------------------------------------|--------------------------------|----------|
| <b>Attached Divisions</b>                  | 56                                   | <b>Primary ASYS #</b>          | 0760397  |
| <b>Super Class</b>                         | 2 - GROCERY - DRY                    | <b>Secondary ASYS #</b>        |          |
| <b>Class</b>                               | 22 - GROCERY, DRY                    | <b>Primary PSYS #</b>          | 207430   |
| <b>Category</b>                            | 177 - SALT, SPICES & ADDITIVES, BULK | <b>Product Master #</b>        | 3021613  |
| <b>Group</b>                               | 3340 - SPICES                        | <b>USF Product #</b>           | 16542    |
| <b>Manufacturer Number</b>                 | 653 - ACH FOOD COMPANIES INC         | <b>Manufacturer Product #</b>  | 207192   |
| <b>Manufacturer GLN Number</b>             | 653                                  | <b>Item ID</b>                 | 12352819 |
| <b>Minority Code</b>                       | 1 - NA                               | <b>Cash and Carry Eligible</b> | Yes      |
| <b>Brand Name</b>                          | MONARCH                              |                                |          |
| <b>Brand Type</b>                          | 2 - Exclusive                        |                                |          |
| <b>Country of Origin - Grown/Harvested</b> | US - United States                   |                                |          |
| <b>Country of Origin - Processed</b>       |                                      |                                |          |

### Images





## CUMIN GROUND PLASTIC SHAKER SHELF STABLE SEASONING

MONARCH

16 OZ

Manufacturer: MONARCH

# 760629

\$10.59 / EA

Manufacturer Product #: 207822

### Shipping Information:

#### Physical Attributes

|                      |         |                |          |                |          |
|----------------------|---------|----------------|----------|----------------|----------|
| <b>Gross Weight:</b> | 1.21 LB | <b>Height:</b> | 8.188 IN | <b>Length:</b> | 3.813 IN |
| <b>Net Weight:</b>   | 1 LB    | <b>Width:</b>  | 2.771 IN | <b>Cube:</b>   | .3 CF    |
| <b>Catch Weight:</b> | NO      |                |          |                |          |

#### Storage Information

|                          |       |
|--------------------------|-------|
| <b>Min. Temperature:</b> | 33 FA |
| <b>Max. Temperature:</b> | 90 FA |



# CUMIN GROUND PLASTIC SHAKER SHELF STABLE SEASONING

MONARCH

16 OZ

Manufacturer: MONARCH

# 760629

\$10.59 / EA

Manufacturer Product #: 207822

## Nutritional Facts

Serving Size g (.7g)  
Servings Per Container

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 1%

\* Percent Daily Values are based on a 2,000 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 |          | 300mg  | 300mg  |
| Sodium             | Less than |          | 2400mg | 2400mg |
| Total Carbohydrate |           |          | 300g   | 375mg  |
| Dietary Fiber      |           |          | 25g    | 30mg   |

## Supplemental Facts

% Daily Value \*

None Specified at this time

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Allergens

| ALLERGEN   | DOES NOT CONTAIN | CONTAIN | MAY CONTAIN | NO DATA |
|------------|------------------|---------|-------------|---------|
| Crustacean |                  |         |             | ●       |
| Eggs       |                  |         |             | ●       |
| Fish       |                  |         |             | ●       |
| Gluten     | ●                |         |             |         |
| Lactose    |                  |         |             | ●       |
| Milk       |                  |         |             | ●       |
| Mustard    |                  |         |             | ●       |
| Peanuts    |                  |         |             | ●       |
| Soy        |                  |         |             | ●       |
| Tree nuts  |                  |         |             | ●       |
| Wheat      |                  |         |             | ●       |

## Marketing Claims

- This product is kosher

## Nutritional Disclaimer

The nutritional and ingredient information provided is based on data US Foods, Inc. receives from manufacturers and may include information derived from third-party sources such as the United States Department of Agriculture. The information provided is representative and, as a result, there may be some slight differences between the information posted and the information on the product label with respect to ingredients and/or nutritional values. The most accurate and up to date source for product information is on the product label. US Foods, Inc. neither assumes any legal liability nor makes any warranty or guaranty, either express or implied, regarding the completeness, accuracy or usefulness of this information. Product images are provided for reference only and may not reflect current packaging.



|                                     |                                 |                         |          |
|-------------------------------------|---------------------------------|-------------------------|----------|
| Attached Divisions                  | 24                              | Primary ASYS #          | 7178205  |
| Super Class                         | 2 - GROCERY - DRY               | Secondary ASYS #        | 7612195  |
| Class                               | 29 - OILS & SHORTENING          | Primary PSYS #          | 293141   |
| Category                            | 328 - OIL, OLIVE & OLIVE BLENDS | Product Master #        | 1293340  |
| Group                               | 6390 - OIL, OLIVE BLENDS        | USF Product #           | 1293342  |
| Manufacturer Number                 | 14916 - CATANIA SPAGNA CORP     | Manufacturer Product #  | 11465    |
| Manufacturer GLN Number             | 14916                           | Item ID                 | 12472439 |
| Minority Code                       | 1 - NA                          | Cash and Carry Eligible | Yes      |
| Brand Name                          | SICILIA                         |                         |          |
| Brand Type                          | 1 - National                    |                         |          |
| Country of Origin - Grown/Harvested | US - United States              |                         |          |
| Country of Origin - Processed       |                                 |                         |          |

[illegible]

|                                  |                                     |   |
|----------------------------------|-------------------------------------|---|
| Merchandising Business Unit Name | GROCERY & DAIRY - 100001            | GMO Free<br>Made from Renewable Resources   |
| Merchandising Director Name      | COMMODITY GROCERY & IMPORTS - 10003 | Recyclable<br>Low in Environmental Toxins(Seafood)  |
| Merchandising Desk Name          | IMPORTS / SPECIALTY - 1012          | Manufactured without Chlorine or Chlorine Compounds<br>Marine Stewardship Council Certified                             |
| Merchandising Category Name      | OLIVE OIL &                         | Minimally Processed<br>No Added Synthetic Hormones<br>No Organohalogens Added to Product<br>Protected Harvest Certified |



**Merchandising Business Unit Associate**

**Merchandising Director Associate**

**Merchandising Desk Associate**

**LFTB and BLBT Free**

**All Natural**

**Animal Welfare Approved**

**Aquaculture Certification Council Certified**

**Bird Friendly**

**Cage Free**

**Certified by USDA to Contain 95 percent or greater biobased content**

**Certified Humane**

**Certified Processed Chlorine Free or Totally Chlorine Free** No

**Biodegradable**

**Contains 100% Biobased Coatings**

**Contains greater than 10 percent post-consumer recycled content**

**Does Trade Item Contain Latex**

**Environmental Choice Eco-Logo Certified**

**Fair Trade Certified**

**Food Alliance Certified**

**Forest Stewardship Council Certified**

**Free Range**

**Grass Fed**

**Green Restaurant Association Endorsed**

**Green Seal Certified**

**Product Search Keywords**

**Benefits** Great for sauteeing, olive oil taste without the price, higher heat stability.

**Serving Suggestions** N/A

**Preparation Instructions** N/A

OLIVE OIL  
BLENDS -  
215  
DOUGHERTY-  
GROCERY  
BAXTER  
TIELBUR

**Rainforest Alliance Certified**  
**Raised without Arsenic**  
**rBST Free**  
**Salmon Safe**  
**USDA Certified Biobased Produc**  
**Vegetarian**  
**Vegan**  
**Lacto-Ovo Vegetarian**  
**Real Seal Dairy**  
**Antibiotic Free**  
**Contains Gelatin**  
**Real Seal Dairy**



|  |                                 |                                |          |
|--|---------------------------------|--------------------------------|----------|
| <b>Attached Divisions</b>                  | 24                              | <b>Primary ASYS #</b>          | 7178205  |
| <b>Super Class</b>                         | 2 - GROCERY - DRY               | <b>Secondary ASYS #</b>        | 7612195  |
| <b>Class</b>                               | 29 - OILS & SHORTENING          | <b>Primary PSYS #</b>          | 293141   |
| <b>Category</b>                            | 328 - OIL, OLIVE & OLIVE BLENDS | <b>Product Master #</b>        | 1293340  |
| <b>Group</b>                               | 6390 - OIL, OLIVE BLENDS        | <b>USF Product #</b>           | 1293342  |
| <b>Manufacturer Number</b>                 | 14916 - CATANIA SPAGNA CORP     | <b>Manufacturer Product #</b>  | 11465    |
| <b>Manufacturer GLN Number</b>             | 14916                           | <b>Item ID</b>                 | 12472439 |
| <b>Minority Code</b>                       | 1 - NA                          | <b>Cash and Carry Eligible</b> | Yes      |
| <b>Brand Name</b>                          | SICILIA                         |                                |          |
| <b>Brand Type</b>                          | 1 - National                    |                                |          |
| <b>Country of Origin - Grown/Harvested</b> | US - United States              |                                |          |
| <b>Country of Origin - Processed</b>       |                                 |                                |          |

### Images





# DICKINSON FROZEN FOODS, INC.

*Nutritional Information*



| <b>Blended Onion, Gree and Red Bell Pepper; IQF; 30 Lbs Case</b>  |                     |              |                  |
|---|---------------------|--------------|------------------|
| DFF Item Number:  | 105358              | Revised:     | 17 October, 2016 |
| Customer Code:  |                     | Supersedes:  | New              |
| Page 2 of 2   | <b>CONFIDENTIAL</b> | QA Approval: | Manuel Juarez    |
| <i>Dickinson Frozen Foods, Inc. 600 NW 21st Street (P.O. Box 1010), Fruitland, Idaho 83619 (208) 452-5200</i> |                     |              |                  |

## **Minerals**

|                  |        |
|------------------|--------|
| Calcium (mg)     | 12.95  |
| Chromium (mcg)   | --     |
| Copper (mg)      | 0.06   |
| Fluoride (mg)    | --     |
| Iodine (mcg)     | 1      |
| Iron (mg)        | 0.41   |
| Magnesium (mg)   | 9.31   |
| Manganese (mg)   | 0.12   |
| Molybdenum (mcg) | --     |
| Phosphorus (mg)  | 21.91  |
| Potassium (mg)   | 134.04 |
| Selenium (mcg)   | 0.36   |
| Sodium (mg)      | 3.01   |
| Zinc (mg)        | 0.13   |

## **Poly Fats**

|                        |      |
|------------------------|------|
| Omega 3 Fatty Acid (g) | 0.01 |
| Omega 6 Fatty Acid (g) | 0.09 |

## **Other Nutrients**

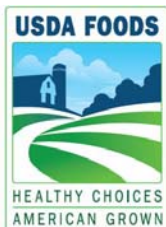
|               |      |
|---------------|------|
| Alcohol (g)   | 0    |
| Caffeine (mg) | 0    |
| Choline (mg)  | 4.16 |

## **CONFIDENTIAL**

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# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 110724— Pepper/Onion Blend, No Salt Added, Frozen

Category: **Vegetables**Subgroup: **Other**

### PRODUCT DESCRIPTION

This item is a blend of U.S. Grade A frozen pepper strips with frozen onion strips. This product will include about an equal mix of red peppers, green peppers, and onions cut into 3/8 inch wide strips. This item is delivered frozen in a case with six 5-pound packages.

### CREDITING/YIELD

- One case yields about 115 ½-cup servings of cooked, drained pepper/onion blend.
- CN Crediting: ½ cup cooked, drained pepper/onion blend credits as ½ cup other vegetable.

### CULINARY TIPS AND RECIPES

- Add the pepper/onion blend to a variety of entrees to add color, flavor, and vegetable content to your meal.
- The pepper/onion blend can be used in dishes such as burritos, fajitas, stir fries, or served as a side dish when grilled and spiced.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.instituteofchildnutrition.org) or USDA's [Team Nutrition](http://www.teamnutrition.org).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/fdd/developing-a-school-food-safety-program-based-on-the-process-approach-to-haccp-principles).

### NUTRITION FACTS

Serving size: 1/2 cup pepper/onion blend, cooked, without salt

#### Amount Per Serving

**Calories** 20

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 8mg

**Total Carbohydrate** 5g

Dietary Fiber 1g

Sugars 3g

**Protein** 1g

Source: [USDA National Nutrient Database](http://www.ars.usda.gov/nutrientdatabase/)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.