



USDA Foods in Schools

110425 - Spinach, No Salt Added, Frozen

Category: **Vegetables**

Subgroup: **Dark Green**



Product Description

- This is U.S. Grade A frozen, chopped spinach. This product is individually quick frozen or IQF meaning that each piece is frozen separately and a scoop can be used to take out exactly what is needed. This item is delivered frozen in a 20-pound case.

Crediting/Yield

- One case yields about 56 ½ -cup servings of cooked, drained spinach.
- CN Crediting: ½ cup cooked spinach credits as ½ cup dark green vegetable.

Culinary Tips and Recipes

- Spinach can be added to many foods such as whole grain pasta dishes, eggs, or soups.
- Spinach can also be prepared with white beans, rice, or with spices or cheese as a nutritious side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s 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](#).

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Nutrition Facts

Serving size: 1/2 cup (95g) spinach, cooked, drained, without salt

Amount Per Serving

Calories 32

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 92mg

Total Carbohydrate 5g

Dietary Fiber 4g

Sugars 0g

Protein 4g

Source: [USDA FoodData Central](#)

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

Nutrient values in this section are from the USDA FoodData Central 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.