



USDA Foods in Schools

111230 - Mixed Vegetables, No Salt Added, Frozen

Category: **Vegetables**

Subgroup: **Red/Orange, Other, and Starchy**



Product Description

- This product is a U.S. Grade B or better vegetable mix that includes diced carrots, corn, green beans, and peas, with no added salt. Carrots are diced approximately 3/8 to 1/2 inch cube and green beans are cut approximately 1/2—1 1/2 inches long. This product is delivered frozen in cases with six 5-pound packages.

Crediting/Yield

- One case provides approximately 138 1/2-cup servings of heated, drained mixed vegetables.
- CN Crediting: 1/2 cup mixed vegetables credits as 25% red/orange vegetable, 25% other vegetable, and 50% starchy vegetable.

Culinary Tips and Recipes

- Mixed vegetables can be used in a stir-fries, rice, soups, or cold vegetable salad. If prepared as a side dish, cook and season with garlic powder, onion powder, paprika, or curry powder to provide a unique flavor.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.ichn.org) or [USDA's Team Nutrition](http://www.usda.gov/teamnutrition).

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 (91g) mixed vegetables, cooked, no salt added

Amount Per Serving

Calories 59

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 32mg

Total Carbohydrate 12g

Dietary Fiber 4g

Sugars 3g

Protein 3g

Source: [USDA FoodData Central](http://www.usda.gov/fooddata)

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.

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