

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 05-07-13)

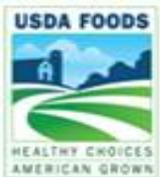
110392– SPINACH, CHOPPED, INDIVIDUALLY QUICK FROZEN (IQF), 20 LB

Nutrition Information

Spinach, frozen, chopped, unprepared

CATEGORY	<ul style="list-style-type: none"> Vegetables: subgroup – dark green
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A frozen, chopped, individually quick frozen, spinach. Each chopped spinach leaf is frozen separately and a scoop can be used to take out exactly what is needed from the frozen container.
PACK/YIELD	<ul style="list-style-type: none"> 20 lb container – 1 interior bag One pound frozen spinach yields about 5.6 ¼ cups cooked and drained. <u>CN Crediting</u>: ¼ cup cooked, drained spinach provides ¼ cup vegetable.

	¼ cup (34 g)	½ cup (68 g)
Calories	11	23
Protein	1.4 g	2.8 g
Carbohydrate	1.6 g	3.2 g
Dietary Fiber	1 g	2 g
Sugars	0 g	0g
Total Fat	0 g	0.4 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.7 mg	1.4 mg
Calcium	50 mg	101 mg
Sodium	29 mg	58 mg
Magnesium	29 mg	58 mg
Potassium	135 mg	270 mg
Vitamin A	4573 IU	9146 IU
Vitamin A	229 RAE	457 RAE
Vitamin C	2 mg	4 mg
Vitamin E	1 mg	2 mg



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STORAGE	<ul style="list-style-type: none"> • Store unopened frozen spinach in the freezer at 0°F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • STOCK POT OR STEAM-JACKETED KETTLE: Add frozen spinach to boiling water. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain. • STEAMER: Place frozen spinach in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Do not boil. • Frozen spinach can be cooked without thawing.
USES AND TIPS	<ul style="list-style-type: none"> • Serve frozen spinach cooked or use in a variety of main dishes, soups, casseroles, pizzas, and salads. • A healthy way to stretch ground meat is to add frozen spinach to a meat mixture used for meatballs or meatloaf.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in this 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.