VEGETABLES

STARCHY SUBGROUP

Vegetables – Starchy Subgroup

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, BLACK-EYED (or PEAS)					
Beans, Black-eyed (or Peas), fresh *Shelled*	Pound	10.30	1/4 cup cooked, drained vegetable	9.8	1 lb in pod = 0.51 lb ready-to-cook beans
Beans, Black-eyed (or Peas), frozen *Whole*	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	
BEANS, LIMA					
Beans, Lima, canned *Green* *Whole*	No. 10 can (105 oz)	42.40	1/4 cup heated, drained vegetable	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
	No. 2-1/2 can (40 oz)	15.70	1/4 cup heated, drained vegetable	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	Pound	6.46	1/4 cup heated, drained vegetable	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
Beans, Lima, fresh *Shelled* *Whole*	Pound	10.80	1/4 cup cooked, drained vegetable	9.3	1 lb in pod = 0.44 lb ready-to-cook beans
Beans, Lima, frozen *Baby* *Whole*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
Beans, Lima, frozen *Fordhook* *Whole*	Pound	11.10	1/4 cup cooked, drained vegetable	9.1	

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CASSAVA (see YUCCA)					
CORN					
Corn, fresh *With husks (5 to 6-inch length)* *Medium*	Pound Pound	1.67 3.35	1 medium ear (about 1/2 cup cooked vegetable) 1/4 cup cooked vegetable (about 1/2-cob)	59.9 29.9	1 lb AP = 0.34 lb raw cut corn
Corn, fresh *Without husks (5 to 6-inch length)* *Medium*	Pound Pound	2.33 5.27	1 medium ear (about 1/2 cup cooked vegetable) 1/4 cup cooked vegetable (about 1/2 cob)	43.0 19.0	1 lb AP = 0.54 lb raw cut corn
Corn, canned *Cream style* *Includes USDA Foods*	No. 10 can (106 oz) No. 300 can (15 oz)	46.40 6.35	1/4 cup heated vegetable 1/4 cup heated vegetable	2.2 15.8	1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn 1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn
Corn, canned *Whole kernel* *Vacuum packed* *Includes USDA Foods*	No. 10 can (75 oz) No. 10 can (75 oz) No. 2 can (12 oz)	34.10 36.80 6.60	1/4 cup heated, drained vegetable 1/4 cup drained vegetable 1/4 cup heated, drained vegetable	3.0 2.8 15.2	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn 1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
Corn, canned *Whole kernel* *Liquid pack* *Includes USDA Foods*	No. 10 can (106 oz) No. 10 can (106 oz)	39.60 40.70	1/4 cup heated, drained vegetable 1/4 cup drained vegetable	2.6 2.5	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn

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CORN (continued)					
Corn, canned *Whole kernel Liquid pack Includes USDA Foods*	No. 300 can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.7	1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn
	No. 300 can (15-1/4 oz)	5.86	1/4 cup drained vegetable	17.1	1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn
Corn, frozen *Whole Kernel Includes USDA Foods*	Pound	11.10	1/4 cup tempered vegetable (unheated for salads)	9.1	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn
	Pound	11.00	1/4 cup cooked vegetable	9.1	
Corn, frozen *Corn on the cob 3-inch ear (cobbette) Includes USDA Foods*	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.6	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
Corn, frozen *Corn on the cob 5-1/4-inch ear (medium) Includes USDA Foods*	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.0	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn
JICAMA (YAM BEAN)					
Jicama (Yam Bean), fresh *Whole*	Pound	11.90	1/4 cup raw peeled, julienned vegetable strips	8.5	1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips
	Pound	9.61	1/4 cup peeled, cooked, julienned vegetable strips	10.5	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips

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MALANGA (TARO)					
Malanga (Taro), fresh *Whole*	Pound	11.20	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable
PARSNIPS					
Parsnips, fresh *Whole*	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.4	1 lb AP = 0.83 lb ready-to-cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.9	
PEAS, BLACKEYED (see BEANS, BLACKEYED)					
PEAS, FIELD					
Peas, Field, canned *With snaps*	No. 10 can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps
	No. 10 can (111 oz)	46.30	1/4 cup drained vegetable	2.2	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.6	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps
	No. 300 can (15 oz)	5.59	1/4 cup drained vegetable	17.9	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps

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PEAS, GREEN					
Peas, Green, fresh *Shelled*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb in pod = 0.38 lb ready-to-cook peas
Peas, Green, canned *Includes USDA Foods*	No. 10 can (106 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas
PEAS, GREEN (continued)					
Peas, Green, canned *Includes USDA Foods*	No. 10 can (106 oz)	42.00	1/4 cup drained vegetable (unheated, for salads)	2.4	1 No. 10 can = about 10-1/5 cups drained, unheated peas
	No. 300 can (15-1/4 oz)	4.95	1/4 cup heated, drained vegetable	20.3	
	No. 300 can (15-1/4 oz)	5.67	1/4 cup drained vegetable (unheated, for salads)	17.7	
Peas, Green, frozen *Includes USDA Foods*	Pound	9.59	1/4 cup cooked, drained vegetable	10.5	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
PEAS, PIGEON, GREEN					
Peas, Pigeon, Green, frozen *Immature*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas
PLANTAIN					
Plantain, fresh *Green*	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
Plantain, fresh *Ripe*	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains

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POI					
Poi *Undiluted*	Pound	5.67	1/2 cup diluted	17.7	Add 1 cup water to each 1 lb bag undiluted poi
	Pound	2.83	1 cup diluted	35.4	1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi
POTATOES					
Potatoes, fresh *Red* *Whole*	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.2	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes
Potatoes, fresh *White or Russet* *All sizes* *Whole* *Includes USDA Foods*	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.3	1 lb AP = 0.74 lb baked potato without skin
	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.0	1 lb AP = 0.81 lb ready-to-cook pared potatoes
	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.2	
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.9	
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.3	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potatoes
Potatoes, fresh *White or Russet* *120 Count (approx. 6 oz each)* *Whole*	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.6	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.53	1/4 cup baked vegetable with skin	15.4	

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POTATOES (continued)					
Potatoes, fresh *White or Russet* *100 Count* *(approx. 8 oz each)* *Whole*	Pound Pound	2.00 6.76	1 whole, baked potato (about 3/4 cup vegetable) 1/4 cup baked vegetable with skin	50.0 14.8	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Potatoes, fresh *White or Russet* *80 Count* *(approx. 10 oz each)* *Whole*	Pound Pound	1.60 7.01	1 whole baked potato (about 1 cup vegetable) 1/4 cup baked vegetable with skin	62.5 14.3	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Potatoes, canned *Diced*	No. 10 can (102 oz)	39.90	1/4 cup drained, unheated vegetable	2.6	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potatoes
Potatoes, canned *Sliced*	No. 10 can (102 oz) No. 300 can (14-1/2 oz)	44.20 5.73	1/4 cup drained, unheated vegetable 1/4 cup drained, unheated vegetable	2.3 17.5	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potatoes 1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potatoes
Potatoes, canned *Whole* *Small*	No. 10 can (102 oz) No. 10 can (102 oz)	43.70 43.40	1/4 cup heated, drained vegetable 1/4 cup drained, unheated, vegetable	2.3 2.4	1 No. 10 can = about 10-7/8 cups heated, drained potatoes 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes

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POTATOES (continued)					
Potatoes, canned *Whole* *Small*	No. 2-1/2 can (29 oz) No. 300 can (14-1/2 oz)	10.90 5.90	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	9.2 17.0	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potatoes
Potatoes, frozen *Diced* *Precooked*	Pound Pound	10.10 8.97	1/4 cup tempered, unheated vegetable 1/4 cup cooked vegetable	10.0 11.2	1 lb AP = 1 lb (about 2-1/2 cups) tempered potatoes 1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potatoes
Potatoes, frozen *Shells*	Pound	11.10	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen *Wedges* *USDA Foods*	Pound 5 lb pkg	11.90 59.50	1/4 cup baked vegetable 1/4 cup baked vegetable	8.5 1.7	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato 5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen *Whole* *Small*	Pound	10.10	1/4 cup cooked vegetable	10.0	
Potatoes, dehydrated *Diced* *Low moisture* *Includes USDA Foods*	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated, *Granules* *Low moisture* *Includes USDA Foods*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 2-1/4 cups dehydrated potato granules

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POTATOES (continued)					
Potatoes, dehydrated *Slices* *Low moisture* *Includes USDA Foods*	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 9-2/3 cups dehydrated potato slices
POTATOES, FRENCH FRIES					
Potatoes, French Fries, frozen *Crinkle cut* *Low moisture* *Ovenable* *Includes USDA Foods*	Pound 4 lb pkg	16.20 64.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	6.2 1.6	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Potatoes, French Fries, Frozen *Crinkle cut* *Regular moisture*	Pound 4-1/2 lb pkg	12.60 56.70	1/4 cup cooked vegetable 1/4 cup cooked vegetable	8.0 1.8	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
Potatoes, French Fries, frozen *Curly (1/3-inch width)*	Pound 4-1/2 lb pkg	16.20 72.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	6.2 1.4	1 lb AP = 0.66 lb baked French fries (about 4 cups)
Potatoes, French Fries, frozen *Shoestring* *Straight cut* *Low moisture*	Pound 4-1/2 lb pkg	14.20 63.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	7.1 1.6	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
Potatoes, French Fries, frozen *Shoestring* *Straight cut* Regular moisture	Pound 4-1/2 lb pkg	17.50 79.00	1/4 cup cooked vegetable 1/4 cup cooked vegetable	5.8 1.3	

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POTATOES, FRENCH FRIES (continued)					
Potatoes, French Fries, frozen *Straight cut* *Regular moisture* *Ovenable*	Pound	14.00	1/4 cup cooked vegetable	7.2	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
	5 lb pkg	70.00	1/4 cup cooked vegetable	1.5	5 lb bag = about 17-1/2 cups baked French fries
POTATO PRODUCTS					
Potato Products, fresh *Raw* *Shredded* *Pre-portioned* *3.0 oz*	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.8	1 lb AP= 0.94 lb cooked vegetable
	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.1	
	Pound	10.60	1/8 cup cooked vegetable (about 1/2 portion)	9.5	
Potato Products, frozen *Hashed patty* *Pre-browned* *2.25 oz each*	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	
Potato Products, frozen *Hash browns* *Diced*	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen *Mashed*	Pound	7.37	1/4 cup heated vegetable	13.6	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen *Skins or Pieces or Wedges, etc.* *With skin* *Cooked*	Pound	10.60	1/4 cup heated vegetable	9.5	

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POTATO PRODUCTS (continued)					
Potato Products, frozen *Rounds* [1] *Regular Size Includes USDA Foods*	Pound	12.70	1/4 cup cooked vegetable (about 4 pieces)	7.9	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
	5 lb pkg	61.00	1/4 cup baked vegetable (about 4 pieces)	1.7	one piece = approx. 3/4 to1-inch diameter by 1 to 1-1/4-inch length
Potato Products, frozen *Rounds*[1] *Mini Size*	Pound	12.20	1/4 cup baked vegetable (about 8 pieces)	8.2	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen *Circles*	Pound	12.60	1/4 cup baked vegetable (about 5 circles)	8.0	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)
Potato Products, dehydrated *Hashed Browns*	Pound	24.10	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4-3/4 cups dry hash browns
SUCCOTASH					
Succotash, canned *Corn and Lima Beans*	No. 10 can (105 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash
	No. 10 can (105 oz)	40.90	1/4 cup drained vegetable (unheated for salads)	2.5	1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.9	

[1] Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

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SUCCOTASH (continued)					
Succotash, canned *Corn and Lima Beans*	Pound	6.24	1/4 cup drained vegetable (unheated for salads)	16.1	
Succotash, frozen *Corn and Lima Beans*	Pound	9.25	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.7	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash
TANNIER (see YAUTIA)					
TARO (see MALANGA)					
WATER CHESNUTS					
Water Chestnuts, canned	Pound	6.70	1/4 cup drained vegetable	15.0	
YAM BEAN (see JICAMA)					
YAUTIA (TANNIER)					
Yautia (Tannier), fresh *Whole*	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.4	1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1-inch, diced yautia (tannier)
	Pound	8.84	1/4 cup diced, cooked vegetable	11.4	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking)
YUCCA (CASSAVA)					
Cassava (Yucca), fresh *Whole*	Pound	8.01	1/4 cup peeled, cooked chunks	12.5	1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks