


**PRODUCT
SPECIFICATION**

CURRENT AS OF	8/18/17
EFFECTIVE DATE:	12/18/14
SUPERCEDES:	10/08/12

Product Name:	IQF, Sliced Carrots S-1		
LFI Product Code:	004026		
General Information:	This product and packaging conforms to the latest provisions of the Food, Drug and Cosmetic Act, to all applicable USDA regulations, to all applicable state statutes and regulations for the production facility, and is not classified as ready-to-eat.		
Description:	Product is prepared from the clean, sound root of the carrot plant. Carrots are washed, peeled, sorted by size, trimmed, smooth sliced, blanched, and individually quick-frozen.		
Grade:	Product conforms to U.S. Standards for Fancy Grade.		
Ingredients:	Carrots		
Color:	Uniform and bright color typical of carrots.		
Aroma / Odor:	Good aroma characteristic of carrots; no "off" odors.		
Flavor:	Good flavor characteristic of carrots; no "off" flavors.		
Texture:	Slight variable; Slight Soft, Not Fibrous		
Size:	Diameter 1" – 1.25"; Thickness 3/16" – 5/16"		
Optional Label Claims:	An excellent Source of Vitamin A, a low calorie food, a low sodium food, a fat free food, a cholesterol free food, natural, vegetarian, vegan.		
Kosher:	Applicable only if 3-way agreement between Customer, Union Orthodox and Lakeside Foods.  Logo www.oukosher.org		
Allergens:	No allergens from the eight major foods or food groups (Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, And Soybeans)		
Gluten:	Naturally Gluten Free Food		
Chemical Enzyme:	Peroxidase Negative		
Microbiology:	Aerobic Plate Count	100,000 cfu/g	max
	Total Coliforms	300 cfu/g	max
	Generic E.coli	<10 cfu/g	max
GMO:	Lakeside Foods Inc. does not grow gene-altered vegetables. All vegetables sold by Lakeside Foods Inc. are grown from seed developed using conventional breeding methods.		

MSDS (Material Safety Data Sheets): Not Applicable

Serving Instructions: For safety and quality, cook product to 165°F prior to consumption.

Packaging Code: PACKAGE TYPE: Poly Bag
CODE TYPE: Ink jet
CODE LOCATION: Back of Bag
CODE FORMAT:
Top Line Packaging Code:
1,2nd digit Plant
3rd digit Period
4th digit Year
5,6,7th digit Julian day
Bottom Line Product Code:
1,2nd digit Bulk plant
3rd digit Line
4th digit Period
5th digit Month
6,7th digit Day of month
8th digit Year
UNIT EXAMPLE: DC12235 MTAA8102
CASE EXAMPLE: DC12235 MTAA8102

Storage: Ship and store under clean conditions, maintained at zero degrees Fahrenheit or colder.

Shelf Life: Approximately 24 months under proper frozen storage conditions.

Container: Poly bag packed in sealed shipping carton or packed into a plastic lined shipping carton.

Country of Origin: Typically Product of USA



Recommended Preparation Instructions:

Product Name: IQF, Sliced Carrots-S1

LFI Product Code: 004026

Standard Package

Size: 16 oz or less

Stove Top Cooking Instructions:

1. Place the desired amount of frozen vegetable in a small amount (1/2 to 1 cup) of boiling salted water.
2. Bring the water rapidly to a second boil. Cover the pan and reduce heat.
3. Cook gently for 5 to 7 minutes or until tender. Avoid overcooking.

Microwave Oven Cooking Instructions:

1. Place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
2. Add two tablespoons of water and cook on high setting for three minutes.
3. Stir the vegetables and cook on high for an additional 6 to 7 minutes.
4. Allow the casserole to stand for 2 minutes after cooking before opening.

Microwave cooking times vary with ovens - avoid over cooking.

Cook to 165°F for quality and food safety.

Handling Instruction:

KEEP FROZEN

Size: Greater than 16 oz

Stove Top Cooking Instructions:

1. Place the desired amount of frozen vegetable in a small amount (1/2 to 1 cup) of boiling salted water.
2. Bring the water rapidly to a second boil. Cover the pan and reduce heat.
3. Cook gently for 5 to 7 minutes or until tender. Avoid overcooking.

Microwave Oven Cooking Instructions:

1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
2. Add two tablespoons of water and cook on high setting for three minutes.
3. Stir the vegetables and cook on high for an additional 6 to 7 minutes.
4. Allow the casserole to stand for 2 minutes after cooking before opening.

Microwave cooking times vary with ovens - avoid over cooking.

Cook to 165°F for quality and food safety.

Handling Instruction:

KEEP FROZEN

LAKESIDE FOODS

Carrots

Sliced, Medium

Nutrition Facts

Serving Size 2/3 cup (85 g)

Servings Per Container (see chart at right)

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 60 mg 3 %

Total Carbohydrate 7 g 2 %

Dietary Fiber 2 g 8 %

Sugars 4 g

Protein <1 g

Vitamin A 60 % Vitamin C 2 %

Calcium 2 % Iron 0 %

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Frozen Package Size	Net Weight				Servings
	oz	lb	g	kg	
12 oz	12		340		About 4.0
14 oz	14		397		About 4.5
16 oz	16		454		About 5
32 oz	32		907		About 11
40 oz	40			1.13	About 13
20 lb		20.0		9.07	About 107

Kosher OU optional and requires a 3-way agreement

Allergens: None

Ingredients:

Carrots

These nutrient values were derived from the 2001 AFFI Database.

Revision Date: 5/15/2009

4.0

LFI Product Code: 004026

004026 carrotSM