

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 110724— Pepper/Onion Blend, No Salt Added, Frozen

**Category:** Vegetables  
**Subgroup:** Other



### PRODUCT DESCRIPTION

This item is a blend of U.S. Grade A frozen pepper strips with frozen onion strips. This product will include about an equal mix of red peppers, green peppers, and onions cut into 3/8 inch wide strips. This item is delivered frozen in a case with six 5-pound packages.

### CREDITING/YIELD

- One case yields about 115 ½-cup servings of cooked, drained pepper/onion blend.
- CN Crediting: ½ cup cooked, drained pepper/onion blend credits as ½ cup other vegetable.

### CULINARY TIPS AND RECIPES

- Add the pepper/onion blend to a variety of entrees to add color, flavor, and vegetable content to your meal.
- The pepper/onion blend can be used in dishes such as burritos, fajitas, stir fries, or served as a side dish when grilled and spiced.
- 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](#).

### NUTRITION FACTS

Serving size: 1/2 cup pepper/onion blend, cooked, without salt

#### Amount Per Serving

**Calories** 20

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 8mg

**Total Carbohydrate** 5g

Dietary Fiber 1g

Sugars 3g

**Protein** 1g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.