



# USDA Foods in Schools

**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 a mix of red peppers, green peppers, and onions cut into 3/8 inch wide strips. This item is delivered frozen in a 30 pound case.

### Crediting/Yield

- One case yields about 116 1/2-cup servings of cooked, drained pepper/onion blend.
- CN Crediting: 1/2 cup cooked, drained pepper/onion blend credits as 1/2 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.
- Use the pepper/onion blend in dishes such as burritos, fajitas, and stir fries, or grill, spice, and serve as a side dish.
- 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

## Nutrition Facts

Serving size: 1/2 cup (70g) pepper/onion blend, cooked, without salt

### Amount Per Serving

**Calories** 26

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 8mg

**Total Carbohydrate** 6g

Dietary Fiber 1g

Sugars 3g

**Protein** 1g

Source: [USDA FoodData Central](#)

**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.