



# Spinach Chopped 12/3lb

## Epinars Hachés

PRODUCT OF SPAIN

40406



- ▶ FROZEN VEGETABLES
- ▶ IQF VEGETABLES
- ▶ SPINACH

### Product Description

- 3Lb packed in 2 x 1.5lb Block of Spinaccia Oleracea (Europe) in flowpack. Imported from Spain.

### Pack and Case Specifications

Pack Net Weight

3lb

Packs per Case

12

Units per Pack

12

Case Size (LxWxH)

18.8" x 10.8" x 8.4"

Case Cube

0.99ft3

Case Gross Weight

38lb

Cases per Pallet

48 (8/6)

### Ingredients

SPINACH.

### Physical

2 blocks of 1.5lb per pack  
Foreign material: none  
Dry matter: ≥ 6.5% weight  
Brown/Discolored leaves: ≤ 1.2%

### Nutrition

#### Nutrition Facts

Serving Size 1 cup (85g)  
Servings Per Container 16

Amount Per Serving  
Calories 30    Calories from Fat 0

% Daily Value\*

Total Fat 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 15mg    1%

Total Carbohydrate 3g    1%

Dietary Fiber 3g    12%

Sugars 0g

Protein 2g

Vitamin A 50%    • Vitamin C 2%

Calcium 8%    • Iron 4%

\*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

Saturated 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

### Organoleptic

Color: Dark green, characteristic of spinach  
Flavor: Typical of spinach  
Texture: Tender, not fibrous  
Odor: Characteristic of spinach

### Allergens

### Certificates and Claims

BRC, IFS, GMO-free, not ionised.

### Cooking Directions

#### Stove Top

Thaw the spinach overnight. Saute with butter and season to taste.

#### Steamer:

Place frozen spinach in a steam tray. Cook for 8 to 10 minutes or until thawed. Season to taste.

### Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Shelf Life frozen: 24 months.

### UPC code



00825414404066

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