



FROZEN VEGETABLES

IQF VEGETABLES

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## Product Description

- Fresh and healthy leaves prepared from varieties of the Brassica Oleracea type.

## Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

12

Case Size (LxWxH)

15.75" x 11.81" x 11.1"

Case Cube

1.20ft3

Case Gross Weight

25.2lb

Cases per Pallet

70 (10/7)

## Ingredients

100% KALE.

## Physical

40-50 g portions.  
Brown Leaves: Absence.  
Discolored Leaves: <2%  
Presence of foreign green parts (herbs): <3%

## Nutrition

### Nutrition Facts

Serving Size 3/4 cup (80g)  
Servings Per Container about 11

Amount Per Serving	
<b>Calories 25</b>	<b>Calories from Fat 0</b>

	% Daily Value*
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>1%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 2g	6%
Sugars --g	
<b>Protein 2g</b>	

Vitamin A 100%	Vitamin C 35%
Calcium 10%	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

Flavor: Typical of Kale  
Color: consistent green  
Texture: Soft, Non-fibrous

## Allergens

NO ALLERGENS.

## Cooking Directions

**Sauté**

Sauté in pan with oil or butter during 6 to 7 minutes.

## Certificates and Claims

GMO-free, non ionized.  
Kosher.

## 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: 24 months.

## UPC code

