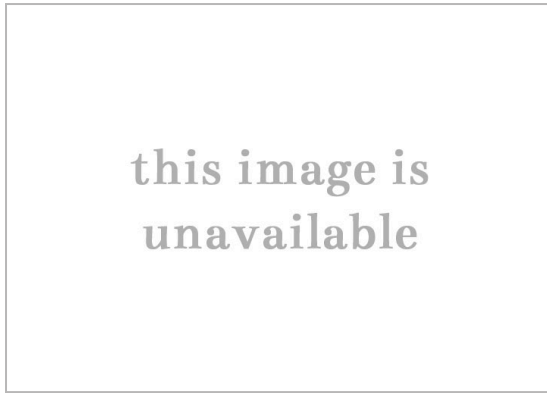


# 591107 - Allen's Kale Greens

Allens Southern greens are canned within hours of harvest from the country's prime green fields. High in vitamin A as beta carotene, a good source of vitamin C, calcium and fiber-plus low in calories with no salt added. Great for a side dish.



## MARKETING



## Nutrition Facts

144 Servings per container

**Serving Size** 122.00 GR

**Amount Per Serving**  
**Calories** 30

% Daily Value\*

**Total Fat** 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 70 mg 3%

**Total Carbohydrates** 4 g 1%

Dietary Fiber 3 g 12%

Total Sugars 1 g

Includes Added Sugars %

**Protein** 2 g

Vitamin D 0 mcg 0%

Calcium 10%

Iron 4%

Potassium %

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
23213	591107	10034700232130	6 x #10

Brand	Brand Owner	GPC Description
Allens	McCall Farms Inc	Vegetables - Prepared/Processed (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
44 LBR	39.39 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.5 INH	12.38 INH	7.19 INH	0.953 FTQ	7x7	1095 Days	45 FAH / 110 FAH

## HANDLING SUGGESTIONS



Refrigerate unused portions in a separate, covered container.

## SERVING SUGGESTIONS



122 grams

## PREPARATION & COOKING SUGGESTIONS



Stove Top: Add contents to saucepan and gently simmer until hot. Microwave: Empty contents into a microwave safe dish and cover loosely. Heat on high power for 5 minutes or until hot. Stir and serve.

## INGREDIENTS



Kale Greens, Water

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - N Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - N

Wheat - N Shellfish - N

Sesame - N Crustaceans - N

AU - N

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



Calories	30
Protein	2 g
Total Carbohydrates	4 g
Sugars	1 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

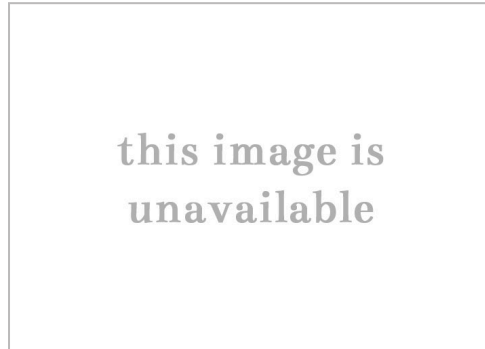
Sodium	70 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



KOSHER	YES
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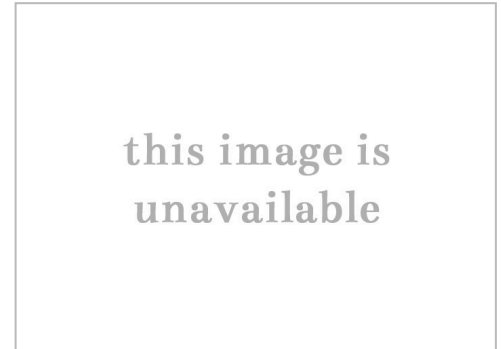
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