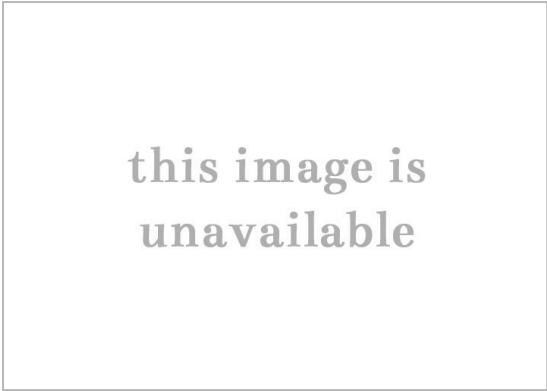


Allens
591107 - Allen's Kale Greens

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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Refrigerate unused portions in a separate, covered container.

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

INGREDIENTS

Kale Greens, Water

Allen's

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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.

SERVING SUGGESTIONS

122 grams

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	30	Total Fat	0.5 g	Sodium	70 mg
Protein	2 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	4 g	Saturated Fat	0 g	Iron	
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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MORE IMAGES

