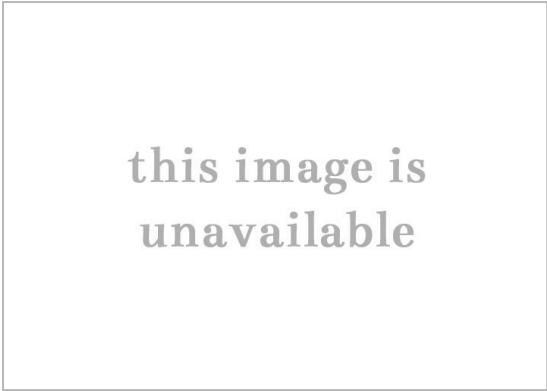


Allens

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

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	TlxHl	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

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 Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - N

SERVING SUGGESTIONS

122 grams

## Nutrition Facts

144 Servings per container

Serving Size	122.00 GR
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat	0.5 g1%
Saturated Fat	0 g0%
Trans Fat	0 g
Cholesterol	0 mg0%
Sodium	70 mg3%
Total Carbohydrates	4 g1%
Dietary Fiber	3 g12%
Total Sugars	1 g
Includes Added Sugars	%
Protein	2 g
Vitamin D	0 mcg0%
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.

INGREDIENTS

Kale Greens, Water

HANDLING SUGGESTIONS

Refrigerate unused portions in a separate, covered container.

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.

MORE INFORMATION

Allens

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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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