Allens Popeye spinach is harvested only from prime spinach fields-then processed within hours. Top quality spinach for side dishes or the main ingredient for any recipe.

this image is unavailable

MARKETING



Rich in vitamin A and a high source of vitamin C.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
2002393	765886	10034700062133	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
41.573 LBR	37.125 LBR	No	United States	Yes	No

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

Nutrition Facts

150 Servings per container

Serving Size

Amount Per Serving

Calories

30

1/2 CUP

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 60 mg	3%
Total Carbohydrates 3 g	1%
Dietary Fiber 3 g	12%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 3 g	
Vitamin D 0 mcg	0%
	070
Calcium	10%
Iron	8%

* 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

HANDLING SUGGESTIONS

Refrigerate unused portions in a separate, covered



SERVING SUGGESTIONS

Heat and Eat!



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

container.



ALLERGENS



Spinach, Water

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'

(A) Milk - N

Peanuts - N

(Eggs - N

(1) Tree - N

Soybean - N



(Wheat - N



(%) Sesame - N



(!) AU - N

MORE INFORMATION



765886 - LEAF SPINACH, POPEYE'S 990Z CANS

Allens Popeye spinach is harvested only from prime spinach fields-then processed within hours. Top quality spinach for side dishes or the main ingredient for any recipe.

NUTRITIONAL ANALYSIS



Calories	30
Protein	3 g
Total Carbohydrates	3 g
Sugars	0 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	60 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES	

MORE IMAGES



this image is unavailable

this image is unavailable

this image is unavailable