



FROZEN HARVEST SPINACH CHOPPED WATER PACKED



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Product Last Saved Date:19 January 2018

Nutrition Facts

12 Servings per container

Serving Size 3/4 Cup

Amount Per Serving
Calories 35

		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	65 mg	3%
Total Carbohydrate	4 g	1%
Dietary Fiber	3 g	12%
Total Sugars	1 g	
Includes	g	Added Sugars %

Protein	3 g	
Vitamin D	mg	%
Calcium	mg	10%
Iron	mg	10%
Potassium	mg	%

*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:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
F008293700070		10082937000701	12 X 48 ONZ	

Brand	Brand Owner	GPC Description
FROZEN HARVEST	Seneca Foods Corp	Vegetables – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
38 LBR	36 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14 INH	12.5 INH	10 INH	1.0127 FTQ	11x7	730 None	-5 FAH / 5 FAH

Ingredients:

SPINACH

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 Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions:

KEEP FROZEN UNTIL READY FOR USE DO NOT REFREEZE OR OVERCOOK

Benefits:

Frozen Chopped Spinach is prepared from properly prepared succulent leaves and stems of the spinach plant that have been trimmed, washed, soaked and drained. The product is blanched to inactivate enzymes and individually quick-frozen to preserve.

Serving Suggestions:

Side Dishes, Favorite Recipes

Prep & Cooking Suggestions:

Stovetop For best results, place vegetables in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Allow to cook until tender. Avoid overcooking for best flavor and color. Season to taste. Microwave Combine vegetables and 2 tablespoons water in microwave safe dish. Cover and microwave on high for 9 to 10 minutes; stir halfway through cooking time. Let stand for 5 inutes, drain, season as desired and serve.

More Information: