



Cookin' Greens was the first national brand in Canada to launch a full range of quick-frozen, ready-to-cook, dark-leafy greens.

- Exceptional value vs fresh equivalent
- No waste, no work, no water - "True" IQF
- Meets consumers lifestyle, health and wellness needs
- Gluten free, vegan, ready in under 10 minutes
- Use as an ingredient or a complete side dish



Item Code	Item Name	Pk/Size	UPC	SCC	Item (L x W x H)	Case (L x W x H)	Case Weight Net & Gross		CuFt	Tie/High
40401	Chopped Onions	12/500 g	8-00463-404014	1-08-00463-40401-1	20.79 x 5.08 x 22.86 cm 8.19 x 2 x 9"	39.37 x 29.21 x 18.42 cm 15.5 x 11.5 x 7.25"	6 kg 13.2 lb	6.35 kg 13.9 lb	0.87	10 x 8 = 80 cases per pallet

Ingredients: Frozen Onions

Allergen Status: Like all vegetables, our Cookin' Greens are naturally free of allergens.

Nutrition Facts / Valeur nutritive

Amount Teneur	% Daily Value % valeur quotidienne	Calories 20
Fat / Lipides 0 g	0%	
Saturated / saturés 0 g	0%	
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg	0%	
Sodium / Sodium 10 mg	0%	
Carbohydrate / Glucides 5 g	2%	
Fibre / Fibres 1 g	4%	
Sugars / Sucres 3 g		
Protein / Protéines 1 g	0%	
Vitamin A / Vitamine A	0%	
Vitamin C / Vitamine C	4%	
Calcium / Calcium	2%	
Iron / Fer	2%	

Handling Instructions

Keep frozen, thaw the desired amount. Do not refreeze product.

Shelf Life

- 2 years from time of packing. Refer to bag for a marked 'best if used by' date. Refrigerate any defrosted items and use within 1-2 days.

Products Available

- Quinoa Stir Fry
- Mexican Style Roasted Corn
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Athlete's Mix
- Organic Chopped Kale
- Organic Chopped Spinach
- Kale, Corn & Peas
- Organic Kale, Butternut Squash & Quinoa