

Cookin' GreensTM Chopped Onions



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 Diced White Onions.

Allergen Status: None.

Nutrition Facts / Valeur nutritive	
Per 1/3 cup (73 g)	Calories 20
Amount Teneur	% Daily Value % valeur quotidienne
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 / Cooking Instructions

Few ingredients are as versatile as the humble onion, forming the basis of so many recipes from just about any cuisine. Cookin' GreensTM ready to use frozen chopped onions offer you all the versatility without the fuss. Use as a replacement for fresh onions in all of your favourite recipes.

Fresh / Frozen Equivalent

Small Onion / ½ cup, Medium Onion / 1 cup, Large Onion / 1½ cup

Sautéed onions (1 cup)

Heat 1 tsp. olive oil and 1 tsp. butter in a skillet on medium-high heat, add 1 cup frozen chopped onions and sauté for 4-5 minutes until lightly browned, stir frequently.

* For food safety reasons, internal temperature should reach 71°C or 160°F. Keep frozen until ready to use.

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.

Nutrition Guide

- Low Sodium* • Cholesterol-Free* • Free of Saturated Fat* • A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer. *Like all other similar vegetable blends.

Products Available

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

† Like similar ingredients, those in our blends of vegetables are also not genetically engineered (GE).

‡ Gluten-Free like all other similar blends of frozen vegetables.

Perfect Compliments

Burgers, Grilled Steak or Chicken, grilled cheese, sausage, other protein choice.

Chef's Suggestions

Use as a key ingredient in soups, stews, chili, pasta, stir-fry, stuffing, tacos, quesadillas, burritos, egg dishes, burgers, meatloaf, gravy. For a deeper flavour caramelize by cooking in butter slowly on medium heat stirring every 5 minutes until the degree of caramelization you like has been achieved (30 – 50 minutes).

