

# Kale, Butternut Squash & Quinoa



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
40505	Organic Kale, Butternut Squash & Quinoa	8/300 g	8-11138-00046-2	1-08-11138-00046-9	7.62 x 19.05 x 22.86 cm 3 x 7.5 x 9"	39.37 x 29.21 x 12.7 cm 15.5 x 11.5 x 5"	2.4 kg 5.29 lb	2.7kg 5.95lbs	0.46	10 x 10 = 100 cases per pallet

**Ingredients:** Chopped Organic Kale, Organic Butternut Squash, Organic Quinoa.

**Allergen Status:** Like all dark-leafy-greens, our Cookin' Greens are naturally free of allergens.

## Nutrition Facts / Valeur nutritive

Amount Teneur	% Daily Value % valeur quotidienne	Calories 60
Fat / Lipides 0.5 g	1%	
Saturated / saturés 0 g	0%	
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg	0%	
Sodium / Sodium 10 mg	1%	
Carbohydrate / Glucides 12 g	4%	
Fibre / Fibres 2 g	12%	
Sugars / Sucres 1 g		
Protein / Protéines 3 g	0%	
Vitamin A / Vitamine A	40%	
Vitamin C / Vitamine C	30%	
Calcium / Calcium	6%	
Iron / Fer	8%	

## 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