Cookin' Greens™ Organic

Kale, Sweet Corn & Peas

FARM TO FREEZER IN HOURS!

GMO FREE / SANS OGM

GLUTEN FREE / SANS GLUTEN

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
40506	Organic Kale, Sweet Corn & Peas	8/300 g	8-11138-00038-7	1-08-11138-00038-4	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 Sweet Corn, Organic Peas.
Allergen Status: Like all dark-leafy-greens, our Cookin'Greens are naturally free of allergens.

Nutrition Facts / Valeur nutrtitive

Per 1 1/2 cup (100 g) Calories 60

Amount Teneur	% Daily Value % valeur quotidenne
Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 45 mg	2%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	12%
Sugars / Sucres 2 g	
Protein / Protéines 4 g	0%
Vitamin A / Vitamine A	35%
Vitamin C / Vitamine C	40%
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

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