

Cookin' Greens™ 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 x 500 g	800463404014	10800463404011	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' Greens™ 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

- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Pepper & Onions
- Tri-Colour Veggie Fries
- Organic Chopped Kale
- Organic Chopped Spinach
- 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).