



2984 Clifton Springs Road
Decatur, Georgia 30034
1-800-282-7130

Kale, Canned



PRODUCT INFORMATION AND DESCRIPTION

Stock Number: 33-310425

Case Count: 6 - #10 Cans Per Case

Storage: Dry

Georgia Grown Kale; canned on-site. Our Kale is diced 1/2" x 1/2", canned in water, with no salt added. Can be seasoned to taste. Ideal for heat and serve, use in recipes such as seasoned kale, or added to soups.

INGREDIENTS

Kale, Water.

NUTRITION INFORMATION

Serving Size	1/2 cup (130 g)		
Servings Per Container			
Calories	30	Calories from Fat	5
		% Daily Value	
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat			
Cholesterol	0 mg		0 %
Sodium	25 mg		1 %
Total Carbohydrate	6 g		2 %
Dietary Fiber	2 g		8 %
Sugars			
Protein	2 g		
Vitamin A	280 %	Vitamin C	70 %
Calcium	8 %	Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

PREPARATION AND COOKING INSTRUCTIONS

Ready to use. Cook product to an internal temperature of 140 ° F. for 15 seconds.

ALLERGEN INFORMATION

PRODUCT LABEL