



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

Rutabagas, Canned



PRODUCT INFORMATION AND DESCRIPTION

Stock Number: 33-310810

Case Count: 6 - #10 Cans Per Case

Storage: Dry

Georgia Grown Rutabagas; canned on-site. Our Rutabagas are diced ½” x ½”, canned in water, with no salt added. Can be seasoned to taste. Ideal for heat and serve; or use in recipes such as soups, casseroles. Also enjoy them mashed. Recipes available upon request.

INGREDIENTS

Rutabagas, Water.

NUTRITION INFORMATION

Serving Size	½ cup (130 g)		
Servings Per Container			
Calories	30	Calories from Fat	0
		% Daily Value	
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat			
Cholesterol	0 mg		0 %
Sodium	20 mg		1 %
Total Carbohydrate	7 g		3 %
Dietary Fiber	1 g		8 %
Sugars			
Protein	1 g		
Vitamin A	0 %	Vitamin C	25 %
Calcium	4 %	Iron	2 %
* 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