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 1-800-282-7130

## Turnip Greens, Canned



### PRODUCT INFORMATION AND DESCRIPTION

**Stock Number:** 33-310420

**Case Count:** 6 - #10 Cans Per Case

**Storage:** Dry

Georgia Grown Turnip Greens; canned on-site. Our turnip greens are diced ½" x ½", canned in water, with no salt added. Great for medical diets. They are ready to heat and serve and can be seasoned to taste. Try them seasoned, sautéed, or added to soups. Recipes available upon request.

### INGREDIENTS

Turnip Greens, Water.

### NUTRITION INFORMATION

Serving Size	½ cup (130 g)		
Servings Per Container			
Calories	20	Calories from Fat	5
		% Daily Value	
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat			
Cholesterol	0 mg		0 %
Sodium	35 mg		1 %
Total Carbohydrate	3 g		2 %
Dietary Fiber	1 g		4 %
Sugars	0 g		
Protein	2 g		
Vitamin A	140 %	Vitamin C	30 %
		Calcium	15 %
		Iron	10 %
* 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**