



MONARCH

Green

TURNIP CHOPPED DOMESTIC FROZEN

8328098



CMA

12/3 LB

\$40.84 / CS

Product Description

Manufacturer: MONARCH, Mfr. Product # 670044

Additional Description

Grade A. Processed and packed at peak ripeness to maximize quality and nutrients. Runs through chopper with 1/2 inch x 1/2 inch spacing between knives. Washed twice after passing dry through a wire mesh cylinder to remove any solid foreign material pieces.

Ingredients

TURNIP GREENS

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1681 - GREENS, FROZEN

Preparation & Cooking

Preparations and Cooking Instructions

COVER WITH WATER. SIMMER OVER MEDIUM EAT UNTIL PRODUCTS SEPARATES, BRING GREENS TO A BOIL FOR ABOUT 3 MINUTES. RETURN TO SIMMER FOR ABOUT 40 MINUTES.

Handling Instructions

KEEP FROZEN UNTIL READY TO USE

All product information contained herein is subject to change, including pricing, promotions and nutritional. For current information at the time of purchase, please contact your sales associate.



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Shipping Information:

| Physical Attributes | | | | | |
|----------------------|---------|----------------|----------|----------------|----------|
| Gross Weight: | 40.5 LB | Height: | 10.25 IN | Length: | 17.5 IN |
| Net Weight: | 36 LB | Width: | 11.5 IN | Cube: | 1.194 CF |
| Catch Weight: | NO | | | | |

| Storage Information | |
|--------------------------|--------|
| Min. Temperature: | -10 FA |
| Max. Temperature: | 15 FA |

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Nutritional Facts

| | |
|------------------------------|---------------------|
| Serving Size g (89G) | |
| Servings Per Container 180 | |
| Amount Per Serving | |
| Calories 30 | Calories from Fat 0 |
| % Daily Value * | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 30mg | 1% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 2g | 8% |
| Sugars 0g | |
| Protein 2g | |
| Vitamin A | 35% |
| Vitamin C | 8% |
| Calcium | 8% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375mg |
| Dietary Fiber | | 25g | 30mg |

Supplemental Facts

| | |
|-------------------------|--|
| % Daily Value * | |
| Polyunsaturated Fat 0 g | |
| Monosaturated Fat 0 g | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Allergens

| ALLERGEN | DOES NOT CONTAIN | CONTAIN | MAY CONTAIN | NO DATA |
|------------|------------------|---------|-------------|---------|
| Crustacean | ● | | | |
| Eggs | ● | | | |
| Fish | ● | | | |
| Gluten | | | | ● |
| Lactose | | | | ● |
| Milk | ● | | | |
| Mustard | | | | ● |
| Peanuts | ● | | | |
| Soy | ● | | | |
| Tree nuts | ● | | | |
| Wheat | ● | | | |

Nutritional Claims

- This product is trans fat free

Nutritional Disclaimer

The nutritional and ingredient information provided is based on data US Foods, Inc. receives from manufacturers and may include information derived from third-party sources such as the United States Department of Agriculture. The information provided is representative and, as a result, there may be some slight differences between the information posted and the information on the product label with respect to ingredients and/or nutritional values. The most accurate and up to date source for product information is on the product label. US Foods, Inc. neither assumes any legal liability nor makes any warranty or guaranty, either express or implied, regarding the completeness, accuracy or usefulness of this information. Product images are provided for reference only and may not reflect current packaging.