



* Benefits

Ingredients

Collard greens.

⚠ Allergens

Contains:

shellfish sesame

Free From:

eggs fish dairy peanuts soy
 tree nuts wheat

Nutrition Facts

Serving Size: 0.33
Number of Servings per 0

Amount Per Serving

Calories: 50 Calories from Fat: 0

% Daily Value*

Total Fat 0 g 0%
Saturated Fat 0 g 0%
Trans Fat 0 g
Cholesterol 0 mg 0%
Sodium 75 mg 3%
Total Carbohydrate 10 g 4%
Dietary Fiber 6 g 4%
Sugars 0 g %
Protein 4 g %

Vitamin A	Per Srv	35%	Vitamin C	Per Srv	8%
Calcium	314%		Iron	10%	

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

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

Handling Suggestions

Keep frozen until ready to use. Do not refreeze.

Serving Suggestions

For best results: Frozen vegetables should not be over cooked.

Prep & Cooking Suggestions

Place vegetables in boiling water (enough to barely cover product). Bring to a second boil, reduce heat, cook for 2 to 4 minutes or until tender. Drain and serve.
Microwave: Microwave all frozen vegetables on high in a covered glass baking dish. From frozen state average cooking time is 3 to 6 minutes. Stir vegetables halfway through cooking time. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

✎ Product Specifications

Brand	Manufacturer	Product Category
VY/FR	Valley Fresh	

MFG #	SPC #	GTIN	Pack	Pack Desc.
CHINA	090861	10813133010757	12	12/3 #

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
39.75 lb	36 lb	No	CHN		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.8 in	12.9 in	9.6 in	0.99 ft3	10x4	365 DAYS	0°F / 32°F



Nutrition Analysis

Calories	50 kcal	Total Fat	0 g	Sodium	75 mg
Protein	4 g	Trans Fats	0 g	Calcium	8 mg
Total Carbohydrates...	10 g	Saturated Fat	0 g	Iron	25 mg
Sugars	0 g	Polyunsaturated Fat		Potassium	0 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	0 mg	Phosphorus	
Sucrose					
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

 Additional Images

