

Spinach



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Spinach Frittata Muffins

Our Spinach is the flat or smooth-leaf variety—available in baby and stemless—and has broad, silky leaves that are perfect for salads or side dishes. Rich in vitamins and minerals, spinach tops the list for nutrient density. It's the original "superfood."

FEATURES & BENEFITS

- Plate ready: washed & ready to eat
- Rich in health-promoting phytonutrients such as carotenoids and flavonoids
- Minimal preparation time
- Fixed pricing year-round
- Consistent leaf sizes
- No additives or preservatives

YIELD & APPLICATION

- 100% yield
- Baby Spinach 4 lb package provides 32 2-ounce servings
- Cello Spinach 10 lb carton provides 40 4-ounce servings
- Fresh vs. cooked yields varies dramatically; be sure to use the larger leaf size for sautéed spinach applications

Nutrition Facts	
servings per container	
Serving Size	(85g)
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 2mg	15%
Potassium 474mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L x W x H)	CUBE	TIE/HIGH	CARTONS PALLET	NET WT.
Baby Spinach	1 x 4 lbs	01272	15.625 x 11.375 x 5.4375	0.56	10/15	150	4 lbs
Cello Spinach	4 x 2.5 lbs	01210	19.875 x 11.75 x 9.688	1.31	8/9	72	10 lbs

HANDLING INFORMATION

- Refrigerate upon delivery
- Store at 34° F
- Keep dry
- Rotate first in, first out
- Shelf life 16 days

FOODSERVICE RECIPES AVAILABLE

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