



The Inn

627748 - Collard Greens Chopped

Collard refers to certain loose-leafed cultivars of Brassica oleracea, the same species as many common vegetables, including cabbage (Capitata Group) and broccoli (Italica Group). Collard is a member of the Viridis Group of Brassica oleracea.



* Benefits

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The plants are grown as a food crop for their large, dark-green, edible leaves, mainly in Kashmir, Brazil, Portugal, Zimbabwe, the southern United States, Tanzania, Kenya, Uganda, the Balkans, Italy, and northern Spain. Collard greens have been eaten for at least 2000 years, with evidence showing that the ancient Greeks cultivated several types of collard, as well as kale.[6]

Nutrition Facts

48 Servings Per Container

Serving size **1.00Z (1oz)**

Amount per serving
Calories 0

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugar **0%**

Protein 0 g

Vitamin D 0.6 mcg **0%**

Calcium 0 mg **0%**

Iron 0.36 mg **0%**

Potassium 0 mg **0%**

* The % Daily Value (DV) 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.

Ingredients

frozen collard greens

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen---

Serving Suggestions

cook

Prep & Cooking Suggestions

steam

📄 Product Specifications

Brand	Manufacturer
The Inn	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	627748	627748	10684476046938		12/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
38 lb	36 lb	Mexico	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.95 in	11.34 in	11.42 in	1.12 ft3	10x5	430 days	-5 °F / -2 °F



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Nutrition Analysis - By Measure

Calories	0	Total Fat	0 g	Sodium	0 mg
Protein	0	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	0 g	Saturated Fat	0 g	Iron	0.36 mg
Sugars	0 g	Added Sugars	0 g	Potassium	0 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D	0.6 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

