

ALLENS 1058000 - Allens Collard Grns 6/101 Oz

Allens Southern greens are canned within hours of harvest from the country's prime green fields.



		Nutrition Facts		
		Servings per Container 150 Serving size 1/2CUP (116g)		
	nage is ailable	Amount per serving Calories 30		
		% Daily Value*		
		Total Fat Og 0%		
		Saturated Fat 0g 0%		
		Trans Fat 0g		
		Cholesterol 0mg 0%		
≭ Benefits		Sodium 20mg 1%		
		Total Carbohydrate 4g 1%		
High in vitamin A as beta carotene calcium and fiber-plus low in calo	Dietary Fiber 2g 7%			
calcium and noer plus low in calo	nes with no sait added.	Total Sugars 1g		
		Includes 0g Added Sugar 0%		
Ingredients	Allergens	Protein 3g		
		Vitamin D 0mcg 0%		
Collard Greens, Water	Free From:	Calcium 237mg 18%		
·	crustaceans 🛞 shellfish 🔘 eggs 😥	ish Iron 1mg 6%		
	👔 👔 milk 🛞 peanuts 🐶 sesame 🗞 soy	Potassium 198mg 4%		
	(i) tree nuts (i) wheat	* 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.		

Handling Suggestions

Refrigerate unused portions in a separate, covered container.

Serving Suggestions

Great for a side dish.

Prep & Cooking Suggestions

Stove Top: Add contents to saucepan and gently simmer until hot. Microwave: Empty contents into a microwave safe dish and cover loosely. Heat on high power for 5 minutes or until hot. Stir and serve.

Product Specifications

Brand			Manufacturer					
ALLENS				Del Monte Foods Inc				
MFG #		SPC #	GTIN			Pack	Pack Desc.	
2002376	1	058000	10	10034700242139			6	6//cs
Gross Weight Net Weight		ht Co	Country of Origin		Ko	sher	Child Nutrition	
42.32lb	42.32lb 37.88lb USA		Yes		No			
Shipping Information								
Length W	idth	Height	Volume	e TixHi	Shelf L	ife	Storage Temp From/To	
18.94in 12	.69in	7.13in	0.99ft3	7x7	991DA	Y S	45°F / 110°F	





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Nutrition Analysis - By Serving

Calories	30	Total Fat	Og	Sodium	20mg
Protein	3	Trans Fats	Og	Calcium	237mg
Total Carbohydrates…	4g	Saturated Fat	Og	Iron	1mg
Sugars	1g	Added Sugars	Og	Potassium	198mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



