



Cabbage, Shredded Napa

Purchasing Specifications

Availability:

Year round

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Variety AKA/Synonyms: Celery, Chinese, Wong Bok, Celery
- Usage: Good for eating fresh and cooked.
- Color: Pale green
- Shape: Soft flesh and tender leaves.
- Skin Texture: Soft flesh and tender leaves.
- Phytochemical: Sulphoraphane and Indoles
- Taste: Sweet.
- Size: Medium - Large

Nutrition Facts

Serving Size: 1 cup, shredded

Amount Per Serving

Calories 12	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 7 mg	0%
Total Carbohydrates 2 g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	2%
Potassium 181mg	4%
Vitamin A 2%	Vitamin C 27%
Calcium 6%	Iron 1%

*Percent Daily Values are based on a 2,000-calorie diet.