



Kale, Chopped

Purchasing Specifications

Availability:

Year round

Pack Size:

- 8/2 lb

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.



- Phytochemical: Beta-carotene, Lutein, Quercetins, Sulphoraphane, and Indoles.
- Flesh Description: Curly edged leaves.
- Usage: Greens can be enjoyed boiled, steamed, stir-fried or fresh in salads or sandwiches.
- Skin Texture: Hearty leaf.
- Shape: Low, short-stemmed plant that reaches about one foot in height and two feet in girth with curly fringed leaves.
- Taste: Never bitter, this kale variety has a sweet, full-bodied flavor as a cooked vegetable.
- Color: Ranges from spruce green to bluish to grayish green.
- Variety AKA/Synonyms: True Kale, Curly-Leaved Kale, Curly Greens, Borecole.

Nutrition Facts

Serving Size: 1 cup chopped

Amount Per Serving

Calories 33	Fat Calories
% Daily Value*	
Total Fat 1g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 25mg	1%
Total Carbohydrates 6g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 3g	6%
Potassium 329mg	7%
Vitamin A 48%	Vitamin C 107%
Calcium 10%	Iron 5%

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