

# 159765 Natures Link Chopped Spinach

DATE: 06 NOVEMBER 2018

## *Chopped Spinach (grade A)*

**Ingredients:** Spinach.

**Variety:** Acceptable freezing variety and manufactured in accordance with Good Manufacturing Practices.

**Maturity:** Spinach has matured sufficiently to have become full fleshed and tender and free from any coarse or tough leaves and stems.

**Cut:** Spinach leaves are chopped into 5mm x 5mm, style consisting substantially of the leaf and adjoining portion of the stem that has been chopped into small pieces. (Max. 15% stem).

**Blanch:** Product is blanched sufficiently to inactivate the peroxidase enzyme system.

**Freezing Technique:** Individual Quick Frozen (IQF).

**Organoleptic:** Product possesses a good characteristic normal flavor and aroma, and appearance of spinach, free from objectionable flavor and odors of any type.

**Color:** Product must possess a good, bright, uniform characteristic dark green color typical of young spinach. Stem part is light green in color. Maximum tolerance for color variation or seriously discolored units is 2.5% total by weight.

**Major Defects:** No tolerance for foreign matter such as wood, stones, glass, plastic, metal or hair in the product

**Minor defects:** In a 340 gram sample:

- ❖ Not more than one root stub or root crown.
- ❖ Not more than two seedy heads.
- ❖ Not more than 3 blemished or wilted leaves, grass or weeds aggregating not more than 4"

### Microbial Count

Total plate count	<50,000 CFU/g	
Total Coliforms	<100 CFU/g	
E. Coli	<10 CFU/g	
Listeria M.	Negative in 25g	
Salmonella	Negative in 25 g.	

#### NAFDA Foodservice

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**Storage and Handling:** Transport and store at – 18 °C or colder.

**Shelf life:** 24 months at – 18 °C or colder.

**Nutritional information:**

<b>Servings per pack: 25</b>	<b>average quantity</b>
<b>Serving size: 100g</b>	<b>per 100g</b>
<b>Energy</b>	<b>91kJ (21.7Cal)</b>
<b>Protein</b>	<b>2.8g</b>
<b>Fat – Total</b>	<b>0.4g</b>
– Saturated	<b>0.1g</b>
– Polyunsaturated	<b>0.3g</b>
<b>Carbohydrate</b>	<b>0.6g</b>
--Sugars	<b>0.2g</b>
<b>Dietary fibre</b>	<b>2.3g</b>
<b>Sodium</b>	<b>31mg</b>
<b>Potassium</b>	<b>255mg</b>

*Note:* The values are expressed as units per 100 grams (approximately 3.5 oz Serving). These values are calculated using average “text book” data. Actual analysis of different lots may vary.

**Cooking Directions:** Place frozen vegetables in a small amount of boiling water. Cook until desire tenderness. Cooking time for frozen vegetables is shorter than the fresh ones. Drain thoroughly, season to taste. Cooking time may vary depending on the particular appliance used.

**Package: 10kg/ CTN, blue bags inner**

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