

KALE FLAKES

R46

Description: Prepared from fresh kale that is trimmed, washed, chopped, blanched and dried.

Physical Properties

| | |
|-------|----------------------------------|
| Color | Various shades of green. |
| Size | Flakes up to approximately 1/2". |

Organoleptic Properties

| | | |
|--------|------------------------|-------------------------------|
| Flavor | Typical of dried kale. | Method: Organoleptic analysis |
| Aroma | Typical of dried kale. | Method: Organoleptic analysis |

Chemical Properties

| | | |
|----------|--------------|--|
| Moisture | Maximum: 8 % | Method: Halogen Thermogravimetric Analysis |
|----------|--------------|--|

Microbiological Properties

| | | |
|----------------------|------------------------|------------------------------------|
| Standard Plate Count | Maximum: 100,000 cfu/g | Method: FDA BAM or AOAC equivalent |
| Coliform | Maximum: 500 MPN/g | Method: FDA BAM or AOAC equivalent |
| Yeast | Maximum: 1000 cfu/g | Method: FDA BAM or AOAC equivalent |
| Mold | Maximum: 1000 cfu/g | Method: FDA BAM or AOAC equivalent |
| E. Coli | <10 cfu/g or <3 MPN/g | Method: FDA BAM or AOAC equivalent |
| Salmonella | NEG/25g | Method: FDA BAM or AOAC equivalent |

Packaging, Labeling, Storage

| | |
|----------------------|---|
| Packaging | Poly bag in box, food grade paper bag, or to customer specification |
| Receiving Conditions | Product should be shipped and handled in a sanitary manner. |
| Storage Conditions | Store in a dry, cool place. |
| Shelf Life | 36 months (under optimum storage conditions). |

Other

| | |
|----------------|---|
| Gluten Status | This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm. |
| Natural Status | This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives. |



OliveNation LLC

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| | |
|--------------|--|
| BE Status | This product does not contain genetically engineered ingredients. |
| Vegan Status | This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char. |
| Halal Status | This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid. |
| SDS Waiver | To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination. |

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ALLERGEN STATEMENT

| "Q #1: Does the item above contain any of the following allergens or their derivatives?" | | "Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?" | | "Q #3: Is the item above produced in a facility that uses or processes these allergens?" | | ALLERGENS |
|--|----|--|----|--|----|----------------------|
| YES | NO | YES | NO | YES | NO | |
| | X | X | | X | | MILK |
| | X | X | | X | | EGGS |
| | X | X | | X | | SOYBEANS |
| | X | X | | X | | WHEAT |
| | X | | X | | X | PEANUTS |
| | X | X | | X | | TREE NUTS |
| | X | | X | | X | FISH |
| | X | | X | | X | CRUSTACEAN SHELLFISH |
| | X | X | | X | | SESAME |
| | X | X | | X | | MUSTARD |
| | X | X | | X | | ADDED SULFITES |

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Kale.

Product Certifications

Certified Kosher Parve

Nutritional Analysis

| | | |
|---------------------|----------|-----|
| Serving Size | 100.00 | g |
| Calories | 299.00 | |
| Total Fat | 0.60 | g |
| Saturated Fat | 0.00 | g |
| Trans. Fat | 0.00 | g |
| Cholesterol | 0.00 | mg |
| Sodium | 405.30 | mg |
| Total Carbohydrates | 65.70 | g |
| Dietary Fiber | 8.60 | g |
| Sugars | 20.30 | g |
| Protein | 7.60 | g |
| Vitamin A | 1,923.00 | IU |
| Vitamin C | 124.00 | mg |
| Calcium | 596.00 | mg |
| Iron | 19.30 | mg |
| Added Sugars | 0.00 | g |
| Vitamin D | 0.00 | mcg |
| Potassium | 635.00 | mg |



KALE FLAKES

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container

Serving size about 1/4 cup (15g)

Amount per serving
Calories **45**

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 60 mg **3%**

Total Carbohydrate 10 g **4%**

Dietary Fiber 1 g **4%**

Total Sugars 3 g

Includes 0 g Added Sugars **0%**

Protein 1 g

Vitamin D 0.0 mcg **0%**

Calcium 89.4 mg **6%**

Iron 2.9 mg **15%**

Potassium 95.3 mg **2%**

* 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.

BASIC PREP

Ready to use. No preparation necessary

SUGGESTED USES

- Mix into your favorite smoothie or protein shake for added nutritional benefits
- Sprinkle into soups, sauces or dips for enhanced flavor and colorful garnish
- Cook with dried grains or pasta for an alternative to spinach in numerous recipes
- Fold into ground meats for an interesting twist on meat loaf or sausage

RECIPE

Zuppa Toscana

A classic Italian favorite, especially popular at restaurants, Zuppa Toscana is remarkably easy to make and guaranteed to please. Kale Flakes cut the work of finding, cleaning and cooking fresh kale and the taste is every bit as authentic.

- 1 teaspoon olive oil
- 1 pound of sweet Italian sausage, out of the casing
- 1/2 small onion diced
- 4 cloves garlic minced
- 1/2 teaspoon chile flakes
- 1 quart chicken broth
- 1/4 cup Kale Flakes
- 1/2 pound red potatoes diced small
- 1 cup heavy cream
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Heat a 2-quart pot over medium flame with olive oil. Add the Italian sausage and mash with a wooden spoon until it is all crumbles. Add the onion, garlic and chile flakes. Cook for another 5-6 minutes until onions are no longer hard. Add the chicken broth, Kale Flakes and potatoes. Bring the broth to a boil and lower the heat to a simmer. Cook until the potatoes pierce easily with a fork. Add the heavy cream, salt and ground black pepper. Serve hot.

Makes 4 servings

INGREDIENTS

Kale.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM CHINA