



SINCE 1896



PREMIUM

LEAF SPINACH

Premium Quality & Taste

NATURALLY
ONLY 2 GRAMS
NET CARBS

NET WT
13.5 OZ
(383g)



PLEASE RECYCLE

MAKE IT SPECIAL WITH S&W™

S&W® Leaf Spinach comes from the best of the crop to bring you unsurpassed, premium quality. Leaf Spinach is rich in Vitamins A and C and is a good source of calcium.

Nutrition Facts

Serving Size 1/2 cup (115g)
Servings Per Container about 3 1/2

Amount/Serving

Calories 30 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 360mg 15%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g

Vitamin A 50% • Vitamin C 25%

Calcium 10% • Iron 6%

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

INGREDIENTS: SPINACH, WATER, SALT.
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QUESTIONS OR COMMENTS?
CALL 800-252-7033 (MON.-FRI.).
REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING=TOTAL CARBS MINUS FIBER

SERVING SUGGESTIONS

Try making
Easy Spinach Lasagna.
This recipe and more
available at
WWW.SWFINEFOODS.COM



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