

Allen-Packed Popeye® BRAND Curly-Leaf Spinach

Allen-canned Grade A Fancy Popeye Spinach is the economical alternative to fresh and frozen spinach. Packed within hours of harvest in Arkansas and Mississippi, Allen uses only the hearty, curly-leaf spinach.

Choose from a variety of foodservice and retail packs of chopped, sliced and leaf spinach.

Product Benefits

- Low portion cost ensures maximum margins.
- Requires no costly freezer storage.
- Requires no messy, time-consuming thawing.
- Ideally suited to further preparation in quiches, souffles, dips, entrees and more.
- Frees up kitchen personnel from the chore of washing and cutting fresh spinach.
- Available year-round.
- May be combined with any Allen-packed vegetables for consolidated shipment.
- Available in a variety of packs and styles.

Spinach with Bacon

Manicotti Spinach

Spinach Quiche

Allen
Canning Company



1 0 2 6

Curly-Leaf Spinach

Foodservice Packs

UPC	Item	Pack	Case Wt.	Unit Wt.
06213	Popeye Curly-Leaf Spinach	6/10	44 lb.	6.2 lb.
05213	Popeye Chopped Spinach	6/10	44 lb.	6.2 lb.
07213	Popeye Curly Sliced Spinach	6/10	44 lb.	6.2 lb.
06311	Allens Very Low Sodium Leaf Spinach	24/303	28 lb.	15 oz.
06406	Popeye Curly-Leaf Spinach	24/Buf.	16 lb.	7¾ oz.
06510	Popeye Curly-Leaf Spinach	24/300	26 lb.	14 oz.
06412	Popeye Curly-Leaf Spinach	24/2½	52 lb.	27 oz.

Also packed under buyer's label.

Portion Cost

Case Cost	
Unit Cost	
Portion Size	
Portions Per Unit	
Cost Per Portion	

Nutritional Data

Nutritional Data & Percent U.S. Recommended Daily Allowance

Per ½-Cup Serving	Cal-ories	Pro-tein (g)	Car-bohy. (g)	Fat (g)	Sodium (mg)	Po-tas. (mg)	Pro-tein	Vit. A	Vit. C	Thia-mine	Ribo-fla.	Nia-cin	Cal-cium	Iron
Popeye Curly-Leaf Spinach	30	2	3	< 1	330	250	4	110	20	*	8	*	10	10
Popeye Chopped Spinach	30	3	2	< 1	250	370	4	110	25	*	6	2	10	15
Popeye Curly Sliced Spinach	30	2	3	< 1	330	250	4	110	20	*	8	*	10	10
Allens Very Low Sodium Leaf Spinach	30	2	3	< 1	50	250	4	110	20	*	8	*	10	10

*Contains less than 2% of U.S. RDA for these nutrients.

Hot Spinach Dip (not shown)

84 oz. Allens Popeye Spinach
(1½ #10 can approx.)

¼ cup butter or margarine, melted

1 med. onion, chopped

3 Tbsp. all-purpose flour

1 small can (5.3 oz.) evaporated milk

1 16 oz. container jalapeño cheese

¾ tsp. celery salt

¾ tsp. garlic salt

2 Tbsp. Worcestershire sauce

Drain spinach, set aside and reserve ½ cup liquid. Combine butter, onion and flour, stir well and cook 1 minute. Gradually add reserved spinach liquid and evaporated milk; cook until slightly thickened, stirring constantly.

Add cheese and seasonings to sauce, stirring until cheese is melted. Add spinach, mixing well. Serve hot with crackers.

(Note: As a variation, add fresh or canned mushrooms. Dip may be frozen; thaw and heat before serving.)

Yield: Approx. 6 cups

Spinach Quiche

1 #10 can Allens Popeye Spinach, drained

1½ to 2 lb. crisp bacon, crumbled

6 10" pie shells

15 large eggs

6¾ cups light cream

½ cup chopped onions

5¼ tsp. Worcestershire sauce

4½ tsp. salt

¾ tsp. nutmeg

3 lb. grated cheese

(1½ lb. Swiss, 1½ lb. Cheddar)

3 cups mushrooms, drained

Topping

¾ cup Parmesan cheese

paprika

pepper

Drain spinach well and set on paper towels to remove all liquid. Sprinkle bacon pieces in bottom of pie shells. Mix remaining ingredients and pour equally into pie shells. Sprinkle each pie with topping.

Bake in preheated conventional oven at 375°F for 15 minutes. Reduce heat to 325°F and continue cooking for 30 minutes. Let stand before cutting. May be frozen if desired.

Yield: 36 servings (6 slices per pie)

Manicotti Spinach

2 #10 cans Allens Popeye Spinach, drained well

5 lb. ricotta cheese

5 tsp. garlic powder

¼ cup dried basil

5 tsp. salt

5 packages manicotti shells (70 shells), cooked

2½ qt. (10 cups) spaghetti sauce

1¼ cups Parmesan cheese

Combine spinach, ricotta cheese and seasonings. Stuff cooked manicotti shells and place in greased baking dish. Pour spaghetti sauce over shells and sprinkle with Parmesan. Bake in preheated conventional oven, uncovered, at 350°F for 20 to 25 minutes. Garnish with black olive slices.

Yield: 35 portions (2 manicotti per portion)

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