



EXCEPTIONAL QUALITY, DISTINCTIVE FLAVOR

## B&W Standards – Cress For Retail

<b>Description</b>	B&W Cress for Retail distribution is machine harvested then vacuum cooled, washed in PAA sanitizer and packed. This is a “ready to eat” item.  Note: Due to seasonal availability, the item may contain true watercress or upland cress.
<b>Ingredient Statement</b>	100% Fresh Cress
<b>Scientific Name (USDA)</b>	Nasturtium officinale or Barbarea verna
<b>Country Of Origin</b>	100% USA Grown and Packed
<b>Certifications</b>	100% Certified Non-GMO
<b>Coding</b>	Each bag has a printed, traceable lot code, Best Use By date and GTIN barcode
<b>Shelf Life</b>	17 Days
<b>Bag Pack Weight</b>	4.0 oz.
<b>Case Net Weight</b>	1.5 LB (6 X 4.0 oz)
<b>Packaging Film Material</b>	Recyclable Polypropylene (No. 5)
<b>Case Material</b>	B Flute Cardboard
<b>Key Quality Parameters</b>	
<b>Recommended Storage Temperature</b>	33 – 41 Degrees F
<b>Target Length</b>	2.5” to 4.5”
<b>External Moisture</b>	0.5% to 2.0%
<b>Defects</b>	



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Color	Yellow leaf	<5% by weight
	Blight	<5% by weight
Insect Damage		<1% by weight
Torn Leaves		<1% by weight
Foreign Material.		Absent

Nutritional Panel as displayed on the bag

<b>Nutrition Facts</b>	
1.3 servings per bag	
Serving Size	85g
Amount per serving	
<b>Calories</b>	<b>27</b>
% Daily Value*	
<b>Total Fat</b> 0.6g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 12mg	<b>1%</b>
<b>Total Carbohydrate</b> 4.7g	<b>2%</b>
Dietary Fiber 0.9g	<b>4%</b>
Total Sugars 3.7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2.2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 69mg	7%
Iron 1.1mg	6%
Potassium 515mg	15%
Vitamin A 5,879IU	118%
Vitamin C 58.6mg	98%
Vitamin E 0.6mg	3%



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Vitamin K 460.6 mcg	576%
Thiamin 0.1mg	5%
Riboflavin 0.2mg	13%
Niacin 0.9mg	4%
Vitamin B6 0.2mg	11%
Folate 68mcg	17%
Pantothenic Acid 0.2mg	2%
Phosphorus 65mg	7%
Magnesium 32mg	8%
Zinc 0.2mg	1%
Selenium 0.8mcg	1%
Copper 0.1mg	7%
Manganese 0.5mg	24%
Choline 16.6mg	
*The % Daily Value (DV) tells you how much of a nutrient in a serving of food contributes to a daily diet.2,000 calories a day is used for general nutrition advice.	