



# Nutritional Fact Sheet

## Cabbage Flakes

**Ingredients:** Dehydrated Cabbage.

**Description & Directions:** Fresh, mature, Cabbage is washed, cored, trimmed, and dried to specifications. Rehydrate in boiling water for 3-6 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:8.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	10g (app. 2 Tbs)
Energy (Calories)	306	30.6
Total Fat	2.29g	0.229g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	229mg	22.9mg
Total Carbohydrates	68.36g	6.836g
Dietary Fiber	10.18g	1.018g
Sugars	38.3g	3.83g
Protein	15.4g	1.54g
Vitamin A (IU)	1368	136.8
Thaimin-B1	0.64mg	0.064mg
Riboflavin	0.38mg	0.038mg
Niacin	3.82mg	0.382mg
Vitamin B-6	1.21mg	0.121mg
Vitamin C	602.1mg	60.21mg
Calcium	598mg	59.8mg
Iron	7.13mg	0.713mg
Phosphorus	293mg	29.3mg
Potassium	3132mg	313.2mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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