



# Nutritional Fact Sheet

## Leeks, Green & White

**Ingredients:** Dehydrated Leeks.

**Description & Directions:** Fresh, mature, leeks are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 5-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:6.

**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	2g (app. 1 Tbs)
Energy (Calories)	341	6.82
Total Fat	1.68g	0.0336g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	112mg	2.24mg
Total Carbohydrates	79.1g	1.582g
Dietary Fiber	8.44g	0.1688g
Sugars	21.8g	0.436g
Protein	8.39g	0.1678g
Vitamin A (IU)	1002	20.04
Thaimin-B1	0.34mg	0.0068mg
Riboflavin	0.17mg	0.0034mg
Niacin	2.24mg	0.0448mg
Vitamin B-6	0mg	0mg
Vitamin C	67.1mg	1.342mg
Calcium	330mg	6.6mg
Iron	11.7mg	0.234mg
Phosphorus	196mg	3.92mg
Potassium	1006mg	20.12mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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