



Nutritional Fact Sheet

Spinach Flakes

Ingredients: Dehydrated Spinach.

Description & Directions: Fresh, mature, spinach is washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 3-5 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:10.

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	5g (app. 1/4 cup)
Energy (Calories)	248	12.4
Total Fat	3.95g	0.1975g
Saturated Fat	0.63g	0.0315g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	891mg	44.55mg
Total Carbohydrates	39.48g	1.974g
Dietary Fiber	10.04g	0.502g
Sugars	4.51g	0.2255g
Protein	32.26g	1.613g
Vitamin A (IU)	9377	468.85
Thaimin-B1	0.88mg	0.044mg
Riboflavin	2.13mg	0.1065mg
Niacin	7.24mg	0.362mg
Vitamin B-6	2.2mg	0.11mg
Vitamin C	317mg	15.85mg
Calcium	1117mg	55.85mg
Iron	30.57mg	1.5285mg
Phosphorus	553mg	27.65mg
Potassium	6294mg	314.7mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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