



Nutritional Fact Sheet Nutritional Yeast Flakes

Ingredients: Inactive dry yeast, niacin (B3), thiamin hydrochloride (B1), riboflavin (B2), pyridoxine hydrochloride (B6), vitamin B12.

Description & Directions: Sprinkle on food or use directly in cooked dishes for a "meaty" flavor.

Storage & Shelf-life: Store in a cool dry place for 24-36 months. Seal in an airtight container to repel insects.

Nutrient	Per 100 grams dry	4g (app. 1T)
Energy (Calories)	625	25
Total Fat	5.19g	0.2076g
Saturated Fat	1.31g	0.0524g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	32mg	1.28mg
Total Carbohydrates	45g	1.8g
Dietary Fiber	24.38g	0.9752g
Sugars	0g	0g
Protein	52.13g	2.0852g
Vitamin A (IU)	0	0
Thaimin-B1	60mg	2.4mg
Riboflavin	60mg	2.4mg
Niacin	350mg	14mg
Vitamin B-6	60mg	2.4mg
Vitamin C	0mg	0mg
Calcium	70mg	2.8mg
Iron	4.81mg	0.1924mg
Phosphorus	1090mg	43.6mg
Potassium	2000mg	80mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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