



Nutritional Fact Sheet Zucchini, Diced

Ingredients: Dehydrated Zucchini (a trace of sulfur dioxide is used as a preservative).

Description & Directions: Fresh, mature, zucchini 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 1:5.

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	14g (app. 1/4 cup)
Energy (Calories)	288	40.32
Total Fat	2.88g	0.4032g
Saturated Fat	0.6g	0.084g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	62mg	8.68mg
Total Carbohydrates	59.6g	8.344g
Dietary Fiber	9.25g	1.295g
Sugars	33.7g	4.718g
Protein	23.84g	3.3376g
Vitamin A (IU)	0	0
Thaimin-B1	1.44mg	0.2016mg
Riboflavin	0.62mg	0.0868mg
Niacin	8.22mg	1.1508mg
Vitamin B-6	1.83mg	0.2562mg
Vitamin C	185mg	25.9mg
Calcium	308mg	43.12mg
Iron	8.63mg	1.2082mg
Phosphorus	658mg	92.12mg
Potassium	5096mg	713.44mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com