



Nutritional Fact Sheet

Kale Flakes

Ingredients: Dehydrated Kale

Description & Directions: Fresh, mature, kale 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
Calories	340.00 kcal
Protein	32.89 g
Total Carbohydrate	48.21 g
Sugars	6.67 g
Added Sugars	0.00 g
Dietary Fiber	32.53 g
Total Fat	1.71 g
Saturated Fat	0.45 g
Cholesterol	0.00 mg
Thiamin – B1	11.30 mg
Riboflavin – B2	33.10 mg
Niacin – B3	123.00 mg
Vitamin B6	2.37 mg
Vitamin C	-- mg
Vitamin D	0.00 mcg
Calcium	3070.00 mg
Iron	9.70 mg
Phosphorus	-- mg
Potassium	2550.00 mg
Sodium	291.00 mg
Trans Fat	0.00 g