



Nutritional Fact Sheet

Cabbage Flakes

Ingredients: Dehydrated Cabbage

Description & Directions: Fresh, mature, Cabbage is washed, cored, trimmed, and dried to specifications. Rehydrate in boiling water for 3-6 minutes, or in cold water for 15 minutes. Use 2 parts water to 1 part product. Rehydration ratio is about 1:7.

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	285.00 kcal
Protein	11.90 g
Total Carbohydrate	67.20 g
Sugars	38.30 g
Added Sugars	0.00 g
Dietary Fiber	13.70 g
Total Fat	3.10 g
Saturated Fat	1.24 g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	48.00 mg
Vitamin D	0.00 mcg
Calcium	566.00 mg
Iron	3.60 mg
Phosphorus	-- mg
Potassium	-- mg
Sodium	133.00 mg
Trans Fat	0.00 g