



Nutritional Fact Sheet

Leek Flakes

Ingredients: Dehydrated Leeks

Description & Directions: Fresh, mature, leeks 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 1:6.

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 | 321.00 kcal |
| Protein | 15.20 g |
| Total Carbohydrate | 74.65 g |
| Sugars | 21.56 g |
| Added Sugars | 0.00 g |
| Dietary Fiber | 10.40 g |
| Total Fat | 2.10 g |
| Saturated Fat | 0.28 g |
| Cholesterol | 0.00 mg |
| Thiamin – B1 | 0.80 mg |
| Riboflavin – B2 | 0.40 mg |
| Niacin – B3 | 3.50 mg |
| Vitamin B6 | 1.21 mg |
| Vitamin C | 118.00 mg |
| Vitamin D | 0.00 mcg |
| Calcium | 360.00 mg |
| Iron | 7.60 mg |
| Phosphorus | 346.00 mg |
| Potassium | 2400.00 mg |
| Sodium | 35.00 mg |
| Trans Fat | 0.00 g |