



Nutritional Fact Sheet

Pumpkin Dices

Ingredients: Dehydrated Pumpkin

Description & Directions: Fresh, mature, pumpkin is washed, cored, 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 1:5.

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
Calories	284.76 kcal
Protein	10.95 g
Total Carbohydrate	71.19 g
Sugars	30.23 g
Added Sugars	0.00 g
Dietary Fiber	5.48 g
Total Fat	1.10 g
Saturated Fat	0.57 g
Cholesterol	0.00 mg
Thiamin – B1	0.55 mg
Riboflavin – B2	1.20 mg
Niacin – B3	6.57 mg
Vitamin B6	0.67 mg
Vitamin C	98.57 mg
Vitamin D	0.00 mcg
Calcium	230.00 mg
Iron	8.76 mg
Phosphorus	481.90 mg
Potassium	3723.81 mg
Sodium	10.95 mg
Trans Fat	0.00 g