



## Nutritional Fact Sheet

Red Cabbage Flakes

**Ingredients:** Dehydrated Red Cabbage

**Description & Directions:** Fresh, mature, Red 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	303.23 kcal
Protein	13.99 g
Total Carbohydrate	72.09 g
Sugars	37.46 g
Added Sugars	0.00 g
Dietary Fiber	20.54 g
Total Fat	1.57 g
Saturated Fat	0.21 g
Cholesterol	0.00 mg
Thiamin – B1	0.63 mg
Riboflavin – B2	0.67 mg
Niacin – B3	4.09 mg
Vitamin B6	2.04 mg
Vitamin C	557.54 mg
Vitamin D	0.00 mcg
Calcium	440.17 mg
Iron	7.83 mg
Phosphorus	293.44 mg
Potassium	2376.90 mg
Sodium	264.10 mg
Trans Fat	0.00 g