



Nutritional Fact Sheet

Red Beet Dices

Ingredients: Dehydrated Beets

Description & Directions: Fresh, mature, red beets are 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 1:4.

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	341.00 kcal
Protein	10.21 g
Total Carbohydrate	74.51 g
Sugars	36.60 g
Added Sugars	0.00 g
Dietary Fiber	-- g
Total Fat	0.18 g
Saturated Fat	0.10 g
Cholesterol	0.00 mg
Thiamin – B1	13.60 mg
Riboflavin – B2	0.0 mg
Niacin – B3	12.90 mg
Vitamin B6	0.63 mg
Vitamin C	-- mg
Vitamin D	0.00 mcg
Calcium	149.00 mg
Iron	3.17 mg
Phosphorus	-- mg
Potassium	2040.00 mg
Sodium	780.00 mg
Trans Fat	0.00 g