



## Nutritional Fact Sheet

Spinach Flakes

**Ingredients:** Dehydrated Spinach

**Description & Directions:** Fresh, mature, spinach is washed, trimmed, 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 1:10.

**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	248.00 kcal
Protein	32.26 g
Total Carbohydrate	39.48 g
Sugars	4.51 g
Added Sugars	0.00 g
Dietary Fiber	10.04 g
Total Fat	3.95 g
Saturated Fat	0.63 g
Cholesterol	0.00 mg
Thiamin – B1	0.88 mg
Riboflavin – B2	2.13 mg
Niacin – B3	7.24 mg
Vitamin B6	2.20 mg
Vitamin C	317.00 mg
Vitamin D	0.00 mcg
Calcium	1117.00 mg
Iron	30.57 mg
Phosphorus	553.00 mg
Potassium	6294.00 mg
Sodium	891.00 mg
Trans Fat	0.00 g