



## Nutritional Fact Sheet

Zucchini, Diced

**Ingredients:** Dehydrated Zucchini

**Description & Directions:** Fresh, mature, zucchini 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 1:5.

**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	288.00 kcal
Protein	23.84 g
Total Carbohydrate	59.60 g
Sugars	33.70 g
Added Sugars	0.00 g
Dietary Fiber	9.25 g
Total Fat	2.88 g
Saturated Fat	0.60 g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	185.00 mg
Vitamin D	0.00 mcg
Calcium	308.00 mg
Iron	8.63 mg
Phosphorus	692.90 mg
Potassium	261.00 mg
Sodium	62.00 mg
Trans Fat	0.00 g