



Nutritional Fact Sheet

Nutritional Yeast Flakes

Ingredients: Inactive dry yeast, niacin (B3), thiamin hydrochloride (B1), riboflavin (B2), pyridoxine hydrochloride (B6), vitamin B12.

Description & Directions: Sprinkle on food or use directly in cooked dishes for a “meaty” flavor.

Storage & Shelf-life: Store in a cool dry place for 24-36 months. Seal in an airtight container to repel insects.

Nutrient	Per 100 Grams Dry
Calories	625.00 kcal
Protein	52.13 g
Total Carbohydrate	45.00 g
Sugars	0.00 g
Added Sugars	0.00 g
Dietary Fiber	24.38 g
Total Fat	5.19 g
Saturated Fat	1.31 g
Cholesterol	0.00 mg
Thiamin – B1	60.00 mg
Riboflavin – B2	60.00 mg
Niacin – B3	350.00 mg
Vitamin B6	60.00 mg
Vitamin C	0.00 mg
Calcium	70.00 mg
Iron	4.81 mg
Phosphorus	1090.00 mg
Potassium	2000.00 mg
Sodium	32.00 mg
Trans Fat	0.00 g