



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	14g (app. 1/4 cup)
Energy (Calories)	288.00	40.32
Total Fat	2.88g	0.40g
Saturated Fat	0.60g	0.08g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	62.00mg	8.68mg
Total Carbohydrates	59.60g	8.34g
Dietary Fiber	9.25g	1.30g
Sugars	33.70g	4.72g
Protein	23.84g	3.34g
Vitamin A (IU)	0.00	0.00
Thiamin-B1	1.44mg	0.20mg
Riboflavin	0.62mg	0.09mg
Niacin	8.22mg	1.15mg
Vitamin B-6	1.83mg	0.26mg
Vitamin C	185.00mg	25.90mg
Calcium	308.00mg	43.12mg
Iron	8.63mg	1.21mg
Phosphorus	658.00mg	92.12mg
Potassium	5096.00mg	713.44mg

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