



Nutritional Fact Sheet

Cabbage Flakes

Ingredients: Dehydrated Cabbage.

Description & Directions: Fresh, mature, Cabbage is washed, cored, trimmed, and dried to specifications. Rehydrate in boiling water for 3-6 minutes, or in cold water for 15 minutes. Use 2 parts water to 1 part product. Rehydration ratio is about 1:7.

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 | 10g (app. 2 Tbs) |
|---------------------|-------------------|------------------|
| Energy (Calories) | 306.00 | 30.60 |
| Total Fat | 2.29g | 0.23g |
| Saturated Fat | 0.00g | 0.00g |
| Trans Fat | 0.00g | 0.00g |
| Cholesterol | 0.00mg | 0.00mg |
| Sodium | 229.00mg | 22.90mg |
| Total Carbohydrates | 68.36g | 6.84g |
| Dietary Fiber | 10.18g | 1.02g |
| Sugars | 38.30g | 3.83g |
| Protein | 15.40g | 1.54g |
| Vitamin A (IU) | 1368.00 | 136.80 |
| Thaimin-B1 | 0.64mg | 0.06mg |
| Riboflavin | 0.38mg | 0.04mg |
| Niacin | 3.82mg | 0.38mg |
| Vitamin B-6 | 1.21mg | 0.12mg |
| Vitamin C | 602.10mg | 60.21mg |
| Calcium | 598.00mg | 59.80mg |
| Iron | 7.13mg | 0.71mg |
| Phosphorus | 293.00mg | 29.30mg |
| Potassium | 3132.00mg | 313.20mg |

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