



Nutritional Fact Sheet

Leeks, Green & White

Ingredients: Dehydrated Leeks.

Description & Directions: Fresh, mature, leeks 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 1:6.

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	2g (app. 1 Tbs)
Energy (Calories)	341.00	6.82
Total Fat	1.68g	0.03g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	112.00mg	2.24mg
Total Carbohydrates	79.10g	1.58g
Dietary Fiber	8.44g	0.17g
Sugars	21.80g	0.44g
Protein	8.39g	0.17g
Vitamin A (IU)	1002.00	20.04
Thaimin-B1	0.34mg	0.01mg
Riboflavin	0.17mg	0.00mg
Niacin	2.24mg	0.04mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	67.10mg	1.34mg
Calcium	330.00mg	6.60mg
Iron	11.70mg	0.23mg
Phosphorus	196.00mg	3.92mg
Potassium	1006.00mg	20.12mg

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