



Nutritional Fact Sheet

Spinach Flakes

Ingredients: Dehydrated Spinach.

Description & Directions: Fresh, mature, spinach is washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 3-5 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:10.

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	5g (app. 1/4 cup)
Energy (Calories)	248.00	12.40
Total Fat	3.95g	0.20g
Saturated Fat	0.63g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	891.00mg	44.55mg
Total Carbohydrates	39.48g	1.97g
Dietary Fiber	10.04g	0.50g
Sugars	4.51g	0.23g
Protein	32.26g	1.61g
Vitamin A (IU)	9377.00	468.85
Thaimin-B1	0.88mg	0.04mg
Riboflavin	2.13mg	0.11mg
Niacin	7.24mg	0.36mg
Vitamin B-6	2.20mg	0.11mg
Vitamin C	317.00mg	15.85mg
Calcium	1117.00mg	55.85mg
Iron	30.57mg	1.53mg
Phosphorus	553.00mg	27.65mg
Potassium	6294.00mg	314.70mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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