



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	4g (app. 1T)
Energy (Calories)	625.00	25.00
Total Fat	5.19g	0.21g
Saturated Fat	1.31g	0.05g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	32.00mg	1.28mg
Total Carbohydrates	45.00g	1.80g
Dietary Fiber	24.38g	0.98g
Sugars	0.00g	0.00g
Protein	52.13g	2.09g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	60.00mg	2.40mg
Riboflavin	60.00mg	2.40mg
Niacin	350.00mg	14.00mg
Vitamin B-6	60.00mg	2.40mg
Vitamin C	0.00mg	0.00mg
Calcium	70.00mg	2.80mg
Iron	4.81mg	0.19mg
Phosphorus	1090.00mg	43.60mg
Potassium	2000.00mg	80.00mg

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

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

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