



Grains and Vegetables

Spinach Flakes

Field fresh spinach which is properly washed cut and dried.

Rehydration ratio	1:8
Appearance:	Green, typical of spinach
Flavor:	Fresh, typical of spinach
Texture:	Tender, typical of cooked spinach
Odor:	Typical of spinach
Size:	3/8"
Moisture:	6.0% maximum
Standard Plate Count:	500,000 / g maximum
Yeast / Mold:	1000 / g maximum
Coliform:	1000 / g maximum
CP Staph	10 / g maximum
E. Coli:	Negative in 1 gram
Salmonella:	Negative in 750 grams

All ingredients are 100% pure and natural.

Nutritional Data per 100 grams:

Calories	248.00 kcal	Niacin Equiv.	8.17 mg
Protein	32.30 g	Vitamin B6	2.20 mg
Carbohydrates	39.50 g	Vitamin B12	0.00 mcg
Sugars	0.45 g	Folate	2193.00 mcg
Other Carbohydrates	2.50 g	Pantothenic Acid	0.73 mg
Dietary Fiber	10.04 g	Vitamin C	317.00 mg
Fat - Total	3.95 g	Vitamin D	---- mcg
Saturated Fat	---- g	Vitamin E	---- mg
Mono Fat	---- g	Calcium	1117.00 mg
Poly Fat	---- g	Copper	---- mg
Cholesterol	0.00 mg	Iron	30.57 mg
Ash	19.40 g	Magnesium	891.00 mg
Water	5.00 g	Manganese	---- mg
Vitamin A (IU)	75745.00 IU	Phosphorus	553.00 mg
A - Retinol	0.00 RE	Potassium	6294.0 mg
A - Carotenoid	7575.00 RE	Selenium	---- mcg
Thiamin - B1	0.88 mg	Sodium	891.00 mg
Riboflavin - B2	2.13 mg	Zinc	5.98 mg
Niacin - B3	8.17 mg	Trans Fatty Acids	0.00 g