

Spinach-Flakes

| Nutrition Facts | | | |
|--|-----------|--------------------|---------------------------|
| Serving Size: | | 1 cup (30g) | |
| Serving per Container: | | n/a | |
| Amount per Serving | | | |
| Calories | 7 | Calories from Fat: | 1 |
| % Daily Value * | | | |
| Total Fat | 0 g | | 0 % |
| Saturated Fat | 0 g | | 0 % |
| Trans Fat | 0 g | | |
| Cholesterol | 0 mg | | 0 % |
| Sodium | 24 mg | | 1 % |
| Total Carbohydrates | 1 g | | 0 % |
| Dietary Fiber | 1 g | | 3 % |
| Sugars | 0 g | | |
| Protein | 1 g | | |
| | | | |
| Vitamin A | 56% | Vitamin C | 14 % |
| Calcium | 3% | Iron | 5 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Sat Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrates | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |
| Calories per gram | | | |
| | Fat | 9 | Carbohydrates 4 Protein 4 |

Ingredients: Spinach

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.