Spinach-Flakes

Calories 7	Serving Size: Serving per Containe	1 cup (30g) r: n/a				
Total Fat 0 g 0 %	Amount per Serving					_
Total Fat	Calories	7	Calories fr	om F	at:	1
Total Fat			% [Daily	Value *	
Saturated Fat 0 g 0 % Trans Fat 0 g 0 % Cholesterol 0 mg 0 % Sodium 24 mg 1 % Total Carbohydrates 1 g 0 % Dietary Fiber 1 g 3 % Sugars 0 g 9 Protein 1 g 4 % 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 g Sat Fat Less than 20 g 25 g G Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g 375 g	Total Fat	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 % 6 Calcium 3% Iron 5 % 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 80 g Sat Fat Less than 20 g 25 g 9 Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Saturated Fat				0	%
Sodium	Trans Fat					
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 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 300 mg 7,400 mg 2,400 mg 2,400 mg 7,400 mg 7,500	Cholesterol	0	mg		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 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sodium	24	mg			
Sugars 0 g	Total Carbohydrates	1	g		0	%
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	1	g		3	%
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 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 300 mg 7,400 mg 2,400 mg 2,400 mg 7,400 mg 2,400 mg 7,500 mg 7,600 mg<	Sugars	0	g			
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	Protein	1	g			
* 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	Vitamin A	56%	Vitam	in C		
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	Calcium	3%	Iron		5	%
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	Your daily values may	y be higher or	lower depe	nding	g on	
Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g		I acc than	65	g		-
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	1,000,000				25	
Total Carbohydrates 300 g 375 g	Sat Fat	Less than		-		
	Sat Fat Cholesterol	Less than Less than	300	mg		-
Dietary Fiber 25 g 30 g	Sat Fat Cholesterol Sodium	Less than Less than	300 2,400	mg mg	2,400	mg
	Sat Fat Cholesterol Sodium Total Carbohydrates	Less than Less than	300 2,400 300	mg mg g	2,400 375	mg g

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.