



# ATLANTIC SPICE CO.

## Dehydrated Spinach

Per 100 Grams

Nutrients	Per 100g	Nutrients	Per 100g
<b>Basic Components</b>		Vitamin B6 (mg)	2.20
Calories (kcal)	248.00	Vitamin B12 (mcg)	0.00
Calories from Fat (kcal)	35.55	Vitamin C (mg)	317.00
Calories from SatFat (kcal)	5.69	Vitamin D (mcg)	0.00
Fat (g)	3.95	Vitamin E - IU (IU)	--
Saturated Fat (g)	0.63	Folate (mcg)	2192.80
Trans Fatty Acid (g)	0.00	Biotin (mcg)	--
Poly Fat (g)	1.66	Pantothenic Acid (mg)	0.73
Mono Fat (g)	0.12	<b>Minerals</b>	
Cholesterol (mg)	0.00	Sodium (mg)	891.00
Carbohydrates (g)	39.48	Potassium (mg)	6294.00
Dietary Fiber (g)	10.04	Calcium (mg)	1117.00
Soluble Fiber (g)	--	Iron (mg)	30.57
Insoluble Fiber (g)	--	Phosphorus (mg)	553.00
Total Sugars (g)	4.51	Magnesium (mg)	891.00
Added Sugar (g)	0.00	Zinc (mg)	5.98
Other Carbs (g)	24.93	Iodine (mcg)	--
Protein (g)	32.26	Copper (mg)	--
Ash (g)	19.31	Manganese (mg)	--
Water (g)	5.00	Selenium (mcg)	--
<b>Vitamins</b>		Other Fats	
Vitamin A - IU (IU)	75745.00	Omega 3 Fatty Acid (g)	--
Vitamin A - RAE (mcg)	3787.25	Omega 6 Fatty Acid (g)	--
Vitamin A - RE (RE)	7575.00	<b>Other Nutrients</b>	
Vitamin A - Beta Carotene(mcg)	4495.00	Alcohol (g)	0.00
Vitamin A - Carotenoid RE (RE)	7575.00	Caffeine (mg)	0.00
Vitamin B1 - Thiamin (mg)	0.88	Sugar Alcohol (g)	--
Vitamin B2 - Riboflavin (mg)	2.13		
Vitamin B3 - Niacin (mg)	8.17		