GFS CYCLE MENU MANAGEMENT

Ingredient & Recipe Nutrition

GFS Item#: 198897 **Desc:** **SPINACH CLEANED 8-10Z P/L**

Item#: 11457 **Desc:** Spinach raw

Manufacturer: Superior Sales, Inc.-664200 **Manufacturer Item Code:** 709

Nutrition Information

Serving Size: 0.5 CUP (28 grams)

Amount Per Serving

Calories: 6	Calories from Fat: 1

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	NA	NA
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	20 MG	1%
Potassium:	160 MG	4%
Total Carbohydrate:	1 GM	0%
Dietary Fiber:	less than 1 GM	2%
Sugars:	0 GM	
Protein:	less than 1 GM	2%

Vitamin A: 50%	•	Vitamin C: 15%
Calcium: 4%	•	Iron: 4%
Thiamin: 2%	•	Riboflavin: 4%
Niacin: 2%	•	Vitamin B-6: 2%
	•	Vitamin B-12: 0%
Phosphorus: 2%	•	Zinc: 2%
Magnesium: 6%	•	
Copper: 0.036%	•	

Ingredients:

For ingredient or allergen information, please contact: Superior Sales, phone: (616) 896-6500. Please reference manufacturer number: 709. Nutrition updated May 2008. The nutrition information provided here reflects the current information provided to

Fat Soluble Vitamins

VITAMIN D(iu)	NA
VITAMIN E	0.53 MG_A
VITAMIN K	135.21 MCG
VITAMIN A(iu)	2625.56 IU
VITAMIN A(re)	188 MCG_

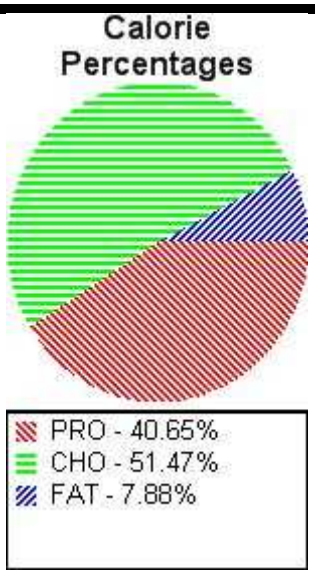
Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.05 MG
NIACIN	0.20 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	7.87 MG
FOLIC ACID	0 MCG

Minerals

PHOSPHOROUS	13.72 MG
ZINC	0.15 MG
MAGNESIUM	22.12 MG
COPPER	0.036 MG
IRON	0.76 MG
CALCIUM	27.72 MG

School Equivalents

Serving Size:

Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA