



## Spinach freeze dried

325 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Spinach (2-5mm) freeze dried, 120g
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.  
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

### nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
spinach	1138 / 271	3.66g	0.44g	7,44g	5,68g	34.24g	2.12g	21.94g

- Directions:** Sprinkle directly into a dish and allow to soak  
dry/fresh ratio: 1:11 - which corresponds to 1.3kg of fresh spinach