

FAMARCO LTD., INC.

AMERICA'S CAROB HEADQUARTERS  
1381 AIR RAIL AVENUE • VIRGINIA BEACH, VA 23455

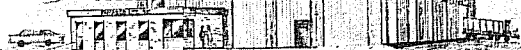
Telephone 757-460-3573  
Fax 757-460-2621  
EMail: Info@Famarco.com

Importers, Exporters  
and  
Manufacturers  
Carob-Licorice-Spices  
and  
Botanicals

**VIRGINIA ROAST® CAROB POWDER<sup>K</sup>**  
**NUTRITIONAL INFORMATION\***  
**(PER 100 GRAMS)**

<b>FOOD ENERGY</b>	CL	383
<b>PROTEIN (N X 6.25)</b>	GM	4.62
<b>CARBOHYDRATE, TOTAL</b>	GM	88.88
<b>CRUDE FIBER</b>	GM	7.19
<b>ASH</b>	GM	2.27
<b>MINERALS:</b>		
CALCIUM	MG	348
IRON	MG	2.94
MAGNESIUM	MG	54
PHOSPHORUS	MG	79
POTASSIUM	MG	827
SODIUM	MG	35
ZINC	MG	0.92
COPPER	MG	0.57
MANGANESE	MG	0.51
<b>VITAMINS:</b>		
ASCORBIC ACID	MG	0.20
THIAMIN	MG	0.05
RIBOFLAVIN	MG	0.46
NIACIN	MG	1.90
PANTOTHENIC ACID	MG	0.05
VITAMIN B-6	MG	0.37
FOLATE	MCG	29.00
VITAMIN B-12	MCG	0.00
VITAMIN A	IU	14.00
<b>TOTAL LIPIDS (FAT)</b>	<b>GM</b>	<b>0.65</b>
SATURATED, TOTAL	GM	0.09
MONOUNSATURATED, TOTAL	GM	0.197
POLYUNSATURATED, TOTAL	GM	0.216
<b>CHOLESTEROL</b>	<b>MG</b>	<b>0.00</b>

\*INFORMATION PROVIDED BY U.S.D.A. HUMAN NUTRITION INFORMATION SERVICE  
AGRICULTURAL HANDBOOK NUMBER 8-16



nutritional\_info\_carob\_original.wps

America's Foremost Carob Importers and Processors  
Guided by Over 50 Years Experience