

ATLANTIC

808503

QUALITY SPICE & SEASONING

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NUTRITIONAL INFORMATION

POPPY SEEDS

| <u>ITEM</u> | <u>UNIT</u> | <u>PER 100 GRAMS</u> |
|---------------|-------------|----------------------|
| CALORIES | CAL | 619.46 |
| FAT CAL | CAL | 493.02 |
| TOTAL FAT | GRAM | 54.78 |
| SATURATED FAT | GRAM | 0.00 |
| CHOLESTEROL | MG | 0.00 |
| SODIUM | MG | 21.00 |
| CARBOHYDRATES | GRAM | 13.61 |
| MOISTURE | GRAM | 6.80 |
| CALCIUM | MG | 1.45 |
| ASH | GRAM | 6.80 |
| DIETARY FIBER | GRAM | 6.30 |
| SUGARS | GRAM | 0.00 |
| VITAMIN A | IU | 66.00 |
| VITAMIN C | MG | 0.00 |
| IRON | MG | 9.40 |
| PROTEIN | GRAM | 18.00 |
| POTASSIUM | MG | 0.00 |

INGREDIENTS: POPPY SEED

The information provided and the recommendations made herein are based upon our research and are believed to be accurate, but no guarantee of their accuracy is made. In every case, we urge and recommend that purchasers, before using any product in full scale production make their own tests to determine to their own satisfaction whether the product is of acceptable quality and is suitable to their particular purposes under their own operating conditions. The product discussed herein are sold without any warranty as to fitness for a particular purpose or other warranty, express or implied. The user assumes all risk of use of any product made from this formula or product(s) whether or not in accordance with any directions or suggestions of the supplier.