

**Bulk Food Inc.
Whole Allspice**

NUTRITION FACTS	
Serving Size: 1 tbsp (6g)	
Servings per Container:	
Amount per Serving	
Calories 16	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 0g	
Vitamin A 1% * Vitamin C 4%	
Calcium 4% * Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Allspice

****Allergens: None Present**