

ATLANTIC

QUALITY SPICE & SEASONING
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NUTRITIONAL INFORMATION

BAY LEAVES

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	410.80
FAT CAL	CAL	79.20
TOTAL FAT	GRAM	8.80
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	20.00
CARBOHYDRATES	GRAM	75.40
MOISTURE	GRAM	4.50
CALCIUM	MG	1.00
ASH	GRAM	3.70
DIETARY FIBER	GRAM	25.20
SUGARS	GRAM	0.00
VITAMIN A	IU	6180.00
VITAMIN C	MG	0.00
IRON	MG	53.30
PROTEIN	GRAM	7.50
POTASSIUM	MG	0.00

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