

ATLANTIC

QUALITY SPICE & SEASONING
 20 Production Way Avenel NJ 07001
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NUTRITIONAL INFORMATION CARAWAY SEED, WHOLE

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	407.11
FAT CAL	CAL	131.31
TOTAL FAT	GRAM	14.59
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	17.00
CARBOHYDRATES	GRAM	49.18
MOISTURE	GRAM	9.88
CALCIUM	MG	689.00
ASH	GRAM	5.87
DIETARY FIBER	GRAM	12.65
SUGARS	GRAM	0.00
VITAMIN A	IU	363.00
VITAMIN C	MG	0.00
IRON	MG	16.23
PROTEIN	GRAM	19.77
POTASSIUM	MG	0.00

INGREDIENTS: CARAWAY

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