

ATLANTIC

QUALITY SPICE & SEASONING
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NUTRITIONAL INFORMATION

CARDAMOM

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	326.10
FAT CAL	CAL	26.10
TOTAL FAT	GRAM	2.90
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	10.00
CARBOHYDRATES	GRAM	65.00
MOISTURE	GRAM	8.00
CALCIUM	MG	0.30
ASH	GRAM	4.70
DIETARY FIBER	GRAM	9.90
SUGARS	GRAM	0.00
VITAMIN A	IU	0.00
VITAMIN C	MG	0.00
IRON	MG	11.60
PROTEIN	GRAM	10.00
POTASSIUM	MG	1.20

INGREDIENTS: CARDAMOM

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.