

# ATLANTIC

QUALITY SPICE & SEASONING

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## NUTRITIONAL INFORMATION

### CHIVES

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	373.46
FAT CAL	CAL	31.50
TOTAL FAT	GRAM	3.50
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	70.00
CARBOHYDRATES	GRAM	64.29
MOISTURE	GRAM	2.00
CALCIUM	MG	813.00
ASH	GRAM	9.01
DIETARY FIBER	GRAM	26.20
SUGARS	GRAM	0.00
VITAMIN A	IU	68300.00
VITAMIN C	MG	660.00
IRON	MG	20.00
PROTEIN	GRAM	21.20
POTASSIUM	MG	2960.00

INGREDIENTS: CHIVES

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