



NUTRITION PROFILE

Product: **CARAWAY SEED**
Sales Code(s): **1150...1153, 5370...5400**

NUTRIENT	UNITS	AMOUNT per 100 Grams
Calories	Kcal	333.00
Protein	grams	19.77
Fat- Total	grams	14.59
Fat- Saturated	grams	0.62
Calories from Fat	Kcal	131.31
Cholesterol	mg	0
Trans Fatty Acids	grams	0
Carbohydrate	grams	49.90
Dietary Fiber	grams	38.00
Sugars	grams	0.64
Sodium	mg	17.00
Calcium	mg	689.00
Phosphorus	mg	568.00
Potassium	mg	1,351.00
Iron	mg	16.2.
Thiamine	mg	0.38
Riboflavin	mg	0.38
Niacin	mg	3.61
Vitamin A	I.U.	363.00
Vitamin C	mg	21.00

The above nutritional information was derived from USDA references and may be supplemented by information provided by our ingredient suppliers. This data is based on currently available calculated data. Final nutritional labeling responsibility rests with the finished product manufacturer.

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1440 KENTUCKY AVE. ST. LOUIS, MO 63110
PHONE 314-535-9020 FAX 314-535-7227