



## NUTRITION PROFILE

Product: **FENNEL SEED**  
 Sales Code(s): **1370... 1381, 6080, 6090... 6100, 6110**

NUTRIENT	UNITS	AMOUNT per 100 Grams
Calories	Kcal	345.00
Protein	grams	15.80
Fat- Total	grams	14.87
Fat- Saturated	grams	0.48
Calories from Fat	Kcal	133.83
Cholesterol	mg	0
Trans Fatty Acids	grams	0
Carbohydrate	grams	52.29
Dietary Fiber	grams	39.80
Sugars	grams	NA
Sodium	mg	88.00
Calcium	mg	1,196.00
Phosphorus	mg	487.00
Potassium	mg	1,694.00
Iron	mg	18.54
Thiamine	mg	0.41
Riboflavin	mg	0.35
Niacin	mg	6.05
Vitamin A	I.U.	135.00
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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