



NUTRITION PROFILE

Product: **MUSTARD SEED, GROUND**
Sales Code(s): **1540, 1541, 6500, 6510**

NUTRIENT	UNITS	AMOUNT per 100 Grams
Calories	Kcal	498
Protein	grams	30
Fat- Total	grams	29
Fat- Saturated	grams	1
Calories from Fat	Kcal	259
Cholesterol	mg	0
Trans Fatty Acids	grams	0
Carbohydrate	grams	30
Dietary Fiber	grams	19
Sugars	grams	6
Sodium	mg	10
Calcium	mg	521
Phosphorus	mg	NA
Potassium	mg	NA
Iron	mg	8
Thiamine	mg	NA
Riboflavin	mg	NA
Niacin	mg	NA
Vitamin A	I.U.	62
Vitamin C	mg	3

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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