



## NUTRITION PROFILE

Product: **OREGANO, MEXICAN**  
Sales Code(s): **1623, 1624, 1626, 6780...6860**

| NUTRIENT          | UNITS | AMOUNT per 100 Grams |
|-------------------|-------|----------------------|
| Calories          | Kcal  | 345.0                |
| Protein           | grams | 13.2                 |
| Fat- Total        | grams | 3.8                  |
| Fat- Saturated    | grams | 1.0                  |
| Calories from Fat | Kcal  | 34.2                 |
| Cholesterol       | mg    | 0                    |
| Trans Fat         | grams | 0                    |
| Carbohydrate      | grams | 64.0                 |
| Dietary Fiber     | grams | 37.0                 |
| Sugars            | grams | 24.7                 |
| Sodium            | mg    | 9.7                  |
| Calcium           | mg    | 1,180.0              |
| Phosphorus        | mg    | 200.0                |
| Potassium         | mg    | 1,668.0              |
| Iron              | mg    | 15.5                 |
| Thiamine          | mg    | 0.34                 |
| Riboflavin        | mg    | NA                   |
| Niacin            | mg    | 6.22                 |
| Vitamin A         | I.U.  | 8,220.0              |
| Vitamin C         | mg    | 3.0                  |

*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.*

Date Issued: July 30, 2008

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