



NUTRITION PROFILE

Product: **POPPY SEEDS**
Sales Code(s): **1770...1771, 7440...7450**

NUTRIENT	UNITS	AMOUNT per 100 Grams
Calories	Kcal	533.00
Protein	grams	18.04
Fat- Total	grams	44.70
Fat- Saturated	grams	4.87
Calories from Fat	Kcal	402.30
Cholesterol	mg	0
Trans Fatty Acids	grams	0
Carbohydrate	grams	23.69
Dietary Fiber	grams	10.00
Sugars	grams	13.69
Sodium	mg	21.00
Calcium	mg	1,448.00
Phosphorus	mg	849.00
Potassium	mg	700.00
Iron	mg	9.39
Thiamine	mg	0.85
Riboflavin	mg	0.17
Niacin	mg	0.98
Vitamin A	I.U.	0
Vitamin C	mg	3.00

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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