

Caraway-Organic

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 333 Calories from Fat: 122

% Daily Value *

Total Fat	15 g	22 %
Saturated Fat	1 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	17 mg	1 %
Total Carbohydrates	50 g	17 %
Dietary Fiber	38 g	152 %
Sugars	1 g	
Protein	20 g	

Vitamin A	7%	Vitamin C	%
Calcium	69%	Iron	%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65 g	80 g
Sat Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrates			300 g	375 g
Dietary Fiber			25 g	30 g

Calories per gram

Fat	9	Carbohydrates	4	Protein	4
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Ingredients: Caraway seed

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.