

Cinnamon - Ground

Nutritional Information

Serving Size: 100g

Amount per Serving

Calories 261 Calories from Fat: 29

% Daily Value *

Total Fat	3 g	5 %
Saturated Fat	1 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	26 mg	1 %
Total Carbohydrates	80 g	27 %
Dietary Fiber	54 g	217 %
Sugars	2 g	
Protein	4 g	

Vitamin A 6% Vitamin C 48 %

Calcium 123% Iron 212 %

* 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

Ingredients

Ground Cinnamon

*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.