

Flax - Ground

Nutrition Facts			
Serving Size:		7 g	
Serving per Container:			
Amount per Serving			
Calories	37	Calories from Fat:	25
% Daily Value *			
Total Fat	3 g		5 %
Saturated Fat	0 g		1 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	2 mg		0 %
Total Carbohydrates	2 g		1 %
Dietary Fiber	2 g		8 %
Sugars	0 g		
Protein	1 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	2%	Iron	2 %
* 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

Flax