

ATLANTIC

QUALITY SPICE & SEASONING

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808250

NUTRITIONAL INFORMATION

CARDAMOM

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	326.10
FAT CAL	CAL	26.10
TOTAL FAT	GRAM	2.90
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	10.00
CARBOHYDRATES	GRAM	65.00
MOISTURE	GRAM	8.00
CALCIUM	MG	0.30
ASH	GRAM	4.70
DIETARY FIBER	GRAM	9.90
SUGARS	GRAM	0.00
VITAMIN A	IU	0.00
VITAMIN C	MG	0.00
IRON	MG	11.60
PROTEIN	GRAM	10.00
POTASSIUM	MG	1.20

INGREDIENTS: CARDAMOM

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