



G·O·L·D·E·N
BOUGH

Nutrition Facts

PRODUCT DESCRIPTION

Product Name	ALLSPICE WHOLE
	Piment de la Jamaïque Entier
Botanical Name	<i>Eugenia pimenta</i>
Item No	5

Nutrition Facts		Valeur nutritive	
Per 1/8 cup (10 g)		Par 1/8 Coupe (10 g)	
Amount	% Daily Value	Teneur	% Valeur quotidienne
Calories 26		Calories 26	
Fat 0.87 g	1%	Lipides 0,87 g	1%
Saturated 0.255 g	1%	saturés 0,255 g	1%
+ Trans 0 g		+ trans 0 g	
Cholesterol 0 mg	0%	Cholestérol 0 mg	0%
Sodium 8 mg	<1%	Sodium 8 mg	<1%
Carbohydrate 7.21 g	2%	Glucides 7,21 g	2%
Fibre 2.2 g	9%	Fibres 2,2 g	9%
Sugars 0 g		Sucres 0 g	
Protein 0.61 g		Protéines 0,61 g	
Vitamin A 2%	Phosphorus 1%	Vitamine A 2%	Phosphorus 1%
Vitamin C 7%	Calcium 6%	Vitamine C 7%	Calcium 6%
Thiamin 1%	Magnesium 6%	Thiamine 1%	Magnésium 6%
Riboflavin <1%	Zinc 1%	Riboflavine <1%	Zinc 1%
Niacin 1%	Sodium <1%	Niacine 1%	Sodium <1%
Vitamin B6 1%	Potassium 3%	Vitamine B6 1%	Potassium 3%
Folate 2%		Folate 2%	
Iron 5%		Le fer 5%	

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