



Nutrition Facts

PRODUCT DESCRIPTION

Product Name	BAY LEAF WHOLE
	Feuille de Laurier Entier
Botanical Name	<i>Laurus Nobilis</i>
Item No	45

Nutrition Facts				Valeur nutritive			
Per 1/8 cup (10 g)				Par 1/8 Coupe (10 g)			
Amount	% Daily Value			Teneur	% Valeur quotidienne		
Calories 31				Calories 31			
Fat 0.84 g	1%			Lipides 0,84 g	1%		
Saturated 0.228 g	1%			saturés 0,228 g	1%		
+ Trans 0 g				+ trans 0 g			
Cholesterol 0 mg	0%			Cholestérol 0 mg	0%		
Sodium 2 mg	<1%			Sodium 2 mg	<1%		
Carbohydrate 7.5 g	3%			Glucides 7,5 g	3%		
Fibre 2.6 g	10%			Fibres 2,6 g	10%		
Sugars 0 g				Sucres 0 g			
Protein 0.76 g				Protéines 0,76 g			
Vitamin A 21%	Phosphorus 1%	Vitamin C 8%	Calcium 8%	Vitamine A 21%	Phosphorus 1%	Vitamine C 8%	Calcium 8%
Thiamin <1%	Magnesium 5%	Riboflavin 3%	Zinc 4%	Thiamine <1%	Magnésium 5%	Riboflavine 3%	Zinc 4%
Niacin 1%	Sodium <1%	Vitamin B6 10%	Potassium 2%	Niacine 1%	Sodium <1%	Vitamine B6 10%	Potassium 2%
Folate 8%		Iron 31%		Folate 8%		Le fer 31%	

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