



G·O·L·D·E·N
BOUGH

Nutrition Facts

PRODUCT DESCRIPTION

Product Name	CARAWAY SEED WHOLE
	Graine de Carvi Entière
Botanical Name	<i>Carum carvi</i>
Item No	55

Nutrition Facts				Valeur nutritive			
Per 1/8 cup (10 g)				Par 1/8 Coupe (10 g)			
Amount	% Daily Value			Teneur	% Valeur quotidienne		
Calories 33				Calories 33			
Fat 1.46 g	2%			Lipides 1,46 g	2%		
Saturated 0.062 g	<1%			saturés 0,062 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 4.99 g	2%			Glucides 4,99 g	2%		
Fibre 3.8 g	15%			Fibres 3,8 g	15%		
Sugars 0.06 g				Sucres 0,06 g			
Protein 1.98 g				Protéines 1,98 g			
Vitamin A 1%	Phosphorus 5%	Vitamine A 1%	Phosphorus 5%	Vitamine A 1%	Phosphorus 5%	Vitamine A 1%	Phosphorus 5%
Vitamin C 4%	Calcium 6%	Vitamine C 4%	Calcium 6%	Vitamine C 4%	Calcium 6%	Vitamine C 4%	Calcium 6%
Vitamin E 3%	Magnesium 10%	Vitamine E 3%	Magnesium 10%	Vitamine E 3%	Magnésium 10%	Vitamine E 3%	Magnésium 10%
Thiamin 3%	Zinc 6%	Thiamine 3%	Zinc 6%	Thiamine 3%	Zinc 6%	Thiamine 3%	Zinc 6%
Riboflavin 2%	Sodium <1%	Riboflavine 2%	Sodium <1%	Riboflavine 2%	Sodium <1%	Riboflavine 2%	Sodium <1%
Niacin 2%	Potassium 4%	Niacine 2%	Potassium 4%	Niacine 2%	Potassium 4%	Niacine 2%	Potassium 4%
Vitamin B6 2%		Vitamine B6 2%		Vitamine B6 2%		Vitamine B6 2%	
Folate <1%		Folate <1%		Folate <1%		Folate <1%	
Iron 12%		Le fer 12%		Le fer 12%		Le fer 12%	

This information is presented in the belief that it is accurate and reliable; however, no warranty, either expressed or implied is made and no freedom from liability from patents, trademarks, or other limitations should be inferred. Any data listed are averages only and are not to be considered as guarantees expressed or implied, nor as a condition of sale. Final determination of suitability of any material is the sole responsibility of the users.