



G·O·L·D·E·N  
BOUGH

## Nutrition Facts

### PRODUCT DESCRIPTION

|                |                             |
|----------------|-----------------------------|
| Product Name   | CARDAMOM GREEN PODS WHOLE   |
|                | Cardamome Verte - Entière   |
| Botanical Name | <i>Elettaria cardamomum</i> |
| Item No        | 60                          |

| 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 0.67 g          | 1%            |  |  | Lipides 0,67 g       | 1%                   |  |  |
| Saturated 0.068 g   | <1%           |  |  | saturés 0,068 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 6.85 g | 2%            |  |  | Glucides 6,85 g      | 2%                   |  |  |
| Fibre 2.8 g         | 11%           |  |  | Fibres 2,8 g         | 11%                  |  |  |
| Sugars 0 g          |               |  |  | Sucres 0 g           |                      |  |  |
| Protein 1.08 g      |               |  |  | Protéines 1,08 g     |                      |  |  |
| Vitamin C 4%        | Phosphorus 2% |  |  | Vitamine C 4%        | Phosphorus 2%        |  |  |
| Thiamin 2%          | Calcium 3%    |  |  | Thiamine 2%          | Calcium 3%           |  |  |
| Riboflavin 1%       | Magnesium 9%  |  |  | Riboflavine 1%       | Magnésium 9%         |  |  |
| Niacin <1%          | Zinc 8%       |  |  | Niacine <1%          | Zinc 8%              |  |  |
| Vitamin B6 1%       | Sodium <1%    |  |  | Vitamine B6 1%       | Sodium <1%           |  |  |
| Iron 10%            | Potassium 3%  |  |  | Le fer 10%           | Potassium 3%         |  |  |

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