



G·O·L·D·E·N  
BOUGH

## Nutrition Facts

### PRODUCT DESCRIPTION

Product Name	CARDAMOM SEED GROUND
	Graine de Cardamome Moulue
Botanical Name	<i>Elettaria cardamomum</i>
Item No	70

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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