



G·O·L·D·E·N
BOUGH

Nutrition Facts

PRODUCT DESCRIPTION

| | |
|----------------|--|
| Product Name | CARDAMOM SEEDS (DECORTICATED) Graines de Cardamome décortiquées |
| Botanical Name | <i>Elettaria cardamomum</i> |
| Item No | 65 |

| 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% | | |

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.