



G·O·L·D·E·N  
BOUGH

## Nutrition Facts

### PRODUCT DESCRIPTION

Product Name	CELERY SEED WHOLE
	Graine de Céleri Entière
Botanical Name	<i>Apium graveolens</i>
Item No	85

Nutrition Facts			
Per 1/8 cup (10 g)			
Amount	% Daily Value		
Calories 39			
Fat 2.53 g			4%
Saturated 0.219 g			1%
+ Trans 0 g			
Cholesterol 0 mg			0%
Sodium 16 mg			1%
Carbohydrate 4.14 g			1%
Fibre 1.2 g			5%
Sugars 0.07 g			
Protein 1.81 g			
Vitamine A	<1%	Phosphorus	5%
Vitamine C	3%	Calcium	16%
Vitamine E	1%	Magnesium	18%
Thiamin	3%	Zinc	8%
Riboflavin	2%	Sodium	1%
Niacin	1%	Potassium	4%
Vitamin B6	5%		
Folate	<1%		
Iron	32%		

Valeur nutritive			
Par 1/8 Coupe (10 g)			
Teneur	% Valeur quotidienne		
Calories 39			
Lipides 2,53 g			4%
saturés 0,219 g			1%
+ trans 0 g			
Cholestérol 0 mg			0%
Sodium 16 mg			1%
Glucides 4,14 g			1%
Fibres 1,2 g			5%
Sucres 0,07 g			
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