



G·O·L·D·E·N
BOUGH

Nutrition Facts

PRODUCT DESCRIPTION

Product Name	CHIA SEEDS WHOLE
	Graine de Chia Entière
Botanical Name	<i>Salvia hispanica</i>
Item No	105

Nutrition Facts		Valeur nutritive	
Per 1/8 cup (10 g)		Par 1/8 Coupe (10 g)	
Amount	% Daily Value	Teneur	% Valeur quotidienne
Calories 486		Calories 486	
Fat 30.74 g	47%	Lipides 30,74 g	47%
Saturated 3.33 g	14%	saturés 3,33 g	14%
+ Trans 0 g		+ trans 0 g	
Cholesterol 0 mg	0%	Cholestérol 0 mg	0%
Sodium 16 mg	1%	Sodium 16 mg	1%
Carbohydrate 42.12 g	14%	Glucides 42,12 g	14%
Fibre 34.4 g	138%	Fibres 34,4 g	138%
Sugars 0 g		Sucres 0 g	
Protein 16.54 g		Protéines 16,54 g	
Vitamine A 2%	Phosphorus 78%	Vitamine A 2%	Phosphorus 78%
Vitamine C 3%	Calcium 57%	Vitamine C 3%	Calcium 57%
Thiamin 48%	Magnesium 134%	Thiamine 48%	Magnésium 134%
Riboflavin 11%	Zinc 51%	Riboflavine 11%	Zinc 51%
Niacin 38%	Sodium 1%	Niacine 38%	Sodium 1%
Iron 55%	Potassium 12%	Le fer 55%	Potassium 12%

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