



G·O·L·D·E·N
BOUGH

Nutrition Facts

PRODUCT DESCRIPTION

| | |
|----------------|----------------------------|
| Product Name | CHIVES FLAKES |
| | Flocons de Ciboulette |
| Botanical Name | <i>Allium schoenprasum</i> |
| Item No | 125 |

| Nutrition Facts | | | | Valeur nutritive | | | |
|---------------------|------|---------------|-----|----------------------|------|----------------------|-----|
| Per 1/8 cup (10 g) | | | | Par 1/8 Coupe (10 g) | | | |
| Amount | | % Daily Value | | Teneur | | % Valeur quotidienne | |
| Calories 30 | | | | Calories 30 | | | |
| Fat 0.73 g | | 1% | | Lipides 0,73 g | | 1% | |
| Saturated 0.146 g | | 1% | | saturés 0,146 g | | 1% | |
| + Trans 0 g | | | | + trans 0 g | | | |
| Cholesterol 0 mg | | 0% | | Cholestérol 0 mg | | 0% | |
| Sodium 3 mg | | <1% | | Sodium 3 mg | | <1% | |
| Carbohydrate 4.35 g | | 1% | | Glucides 4,35 g | | 1% | |
| Fibre 2.5 g | | 10% | | Fibres 2,5 g | | 10% | |
| Sugars 1.85 g | | | | Sucres 1,85 g | | | |
| Protein 3.27 g | | | | Protéines 3,27 g | | | |
| Vitamine A | 145% | Phosphorus | 5% | Vitamine A | 145% | Phosphorus | 5% |
| Vitamine C | 97% | Calcium | 8% | Vitamine C | 97% | Calcium | 8% |
| Vitamine E | 2% | Magnesium | 17% | Vitamine E | 2% | Magnésium | 17% |
| Vitamine K | 266% | Zinc | 6% | Vitamine K | 266% | Zinc | 6% |
| Thiamin | 6% | Sodium | <1% | Thiamine | 6% | Sodium | <1% |
| Riboflavin | 7% | Potassium | 8% | Riboflavine | 7% | Potassium | 8% |
| Niacin | 3% | | | Niacine | 3% | | |
| Vitamin B6 | 8% | | | Vitamine B6 | 8% | | |
| Folate | 48% | | | Folate | 48% | | |
| Iron | 11% | | | Le fer | 11% | | |

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