



## Flaxseed-Brown, Organic

<b>Nutrition Facts</b>			
Serving Size:		1 cup (155g)	
Serving per Container:		n/a	
Amount per Serving			
Calories	763	Calories from Fat:	441
% Daily Value *			
Total Fat	53 g		81 %
Saturated Fat	5 g		25 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	53 mg		2 %
Total Carbohydrates	53 g		18 %
Dietary Fiber	43 g		173 %
Sugars	2 g		
Protein	30 g		
Vitamin A	0%	Vitamin C	3 %
Calcium	31%	Iron	54 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

**Ingredients: Flaxseed**

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.