



**SUNRISE
COMMODITIES**
INCORPORATED

Organic Black Chia Seeds

Nutrition Facts

Serving Size: 100g

Servings per Container: NA

Amount per Serving

Calories 480

Calories From Fat 252

% Daily Value*

Total Fat 32g

49%

Saturated Fat 4g

20%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 18mg

0%

Total Carbohydrate 42g

14%

Dietary Fiber 39g

156%

Sugars 0g

Protein 14g

Vitamin A 1%

*

Vitamin C 2.6%

Calcium 63%

*

Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Organic Black Chia Seeds

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