



ANCHOR
INGREDIENTS

NUTRITIONAL INFORMATION

CHIA SEED

PRODUCT NO.

CHIA01

DATE: 4/25/2019

REVISION: 3

Nutritional Information

Serving Size: 100g

Amount per Serving

Calories 486

% Daily Value *

Total Fat	31 g	47 %
Saturated Fat	3 g	13 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	16 mg	1 %
Total Carbohydrates	42 g	14 %
Dietary Fiber	34 g	138 %
Sugars	0 g	
Added Sugars	0 g	0 %
Protein	17 g	
Vitamin D	0 %	Potassium 9 %
Calcium	49 %	Iron 43 %

*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 mg	375 mg
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Chia Seed

**The values listed above represent data collected from our suppliers and/or the USDA National Nutrient Database for Standard Reference, Release 28 (2016), to the best of our knowledge, we believe them to be accurate.*