



Poppy Seed

Nutrition Facts

Serving Size: 1 ounce (28g)

Servings per Container: N/A

Amount per Serving

Calories 46 **Calories From Fat** 30

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 2g	

Vitamin A 0% * **Vitamin C** 0%
Calcium 13% * **Iron** 5%

*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: Poppy Seeds