

U5359

Flax Seed, Whole - Gold

Ing: Golden Flaxseeds.

Country of Origin: USA

Nutrition Facts			
Serving Size	2 tbsp (20g)		
Servings per Container	Varied		
Amount Per Serving			
Calories	90		
Calories from Fat	75		
% Daily Value*			
Total Fat	8g	12	%
Saturated Fat	0.5g	3	%
Trans Fat			%
Cholesterol	0mg	0	%
Sodium	5mg	0	%
Total Carbohydrates	7g	2	%
Dietary Fiber	6g	24	%
Sugars	0g		
Protein	4g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	6 %	Iron	10 %
* 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 then	65g	80g	
Sat Fat less then	20g	25g	
Cholesterol less then	300mg	300m	
Sodium less then	2400mg	2400m	
Total Carbohydrates	300g	375g	
Dietary Fiber	25g	30	
Calories per Gram			
Fat	9	Carbohydrate	4 Protein 4