

PS-SH034 USA NFT - CINNAMON

Nutrition Facts

Serving Size 100g

Servings Per Container about 22

Amount Per Serving
Calories 245

Calories from Fat 60

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 80 g	25%
Dietary Fiber 50 g	200%
Sugars 2g	
Protein 4 g	

Vitamin A 5 %

Vitamin C 5 %

Calcium 100 %

Iron 45%

*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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat	9	Protein	4	Carbohydrate	4
-----	---	---------	---	--------------	---

INGREDIENTS: CINNAMON
COUNTRY OF ORIGIN: INDONESIA

NET WT 5 LB (2.27KG)

Reference: USDA NNDNR 28 # 02010

WCS

SH033 USA NFT – MEXICAN CHILLI POWDER

Nutrition Facts

Serving Size 100g

Servings Per Container about 22

Amount Per Serving
Calories 300

Calories from Fat 60

	% Daily Value*
Total Fat 15g	25 %
Saturated Fat 2 g	10 %
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 1000 mg	40%
Total Carbohydrate 55g	20%
Dietary Fiber 35g	140 %
Sugars 0g	
Protein 10g	
Vitamin A 325 %	Vitamin C 100 %
Calcium 30%	Iron 75%

*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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Protein	4
		Carbohydrate	4

INGREDIENTS:
PAPRIKA,SALT,CUMIN,CORIANDER,CHILLI,GARLIC,ONION,OREGANO,
ROSEMARY,BLACK PEPPER OIL.
COUNTRY OF ORIGIN: VARIS
NET WT 5 LB (2.27KG)