



PRODUCT SPECIFICATIONS

Product Code: 00304

Badia Spices, Inc.
1400 NW 93rd Avenue
Doral, FL 33172

Product Name:

4/4 LBS CUMIN GROUND

Nutrient Analysis	
Nutrient	Per 100g
Gram Weight (g)	100
Calories (kcal)	375
Calories from Fat (kcal)	200.43
Calories from SatFat (kcal)	13.81
Protein (g)	17.81
Carbohydrates (g)	44.24
Total Dietary Fiber (g)	10.5
Total Soluble Fiber (g)	--
Dietary Fiber (US 2016) (g)	10.5
Soluble Fiber (US 2016) (g)	--
Total Sugars (g)	2.25
Added Sugar (g)	0
Monosaccharides (g)	--
Disaccharides (g)	--
Other Carbs (g)	31.49
Fat (g)	22.27
Saturated Fat (g)	1.53
Mono Fat (g)	14.04
Poly Fat (g)	3.28
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	8.06



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Nutrient	Per 100g
Vitamin A - IU (IU)	1270
Vitamin A - RE (mcg)	127
Vitamin A - RAE (mcg)	63.5
Carotenoid RE (mcg)	127
Retinol RE (mcg)	0
Beta-Carotene (mcg)	762
Vitamin B1 - Thiamin (mg)	0.63
Vitamin B2 - Riboflavin (mg)	0.33
Vitamin B3 - Niacin (mg)	4.58
Vitamin B3 - Niacin Equiv (mg)	4.58
Vitamin B6 (mg)	0.43
Vitamin B12 (mcg)	0
Biotin (mcg)	--
Vitamin C (mg)	7.7
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	3.33
Folate (mcg)	10
"Folate	DFE (mcg DFE)"
Vitamin K (mcg)	5.4
Pantothenic Acid (mg)	--
Calcium (mg)	931



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Chromium (mcg)	--
Copper (mg)	0.87
Fluoride (mg)	--
Iodine (mcg)	--
Iron (mg)	66.36
Magnesium (mg)	366
Manganese (mg)	3.33
Molybdenum (mcg)	--
Phosphorus (mg)	499
Potassium (mg)	1788
Selenium (mcg)	5.2
Sodium (mg)	168
Zinc (mg)	4.8
Omega 3 Fatty Acid (g)	0.18
Omega 6 Fatty Acid (g)	3.1
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	24.7