



PRODUCT SPECIFICATIONS

Product Code: 00603

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

Product Name:

4/12 OZ PARSLEY FLAKES

Nutrient Analysis	
Nutrient	Per 100g
Gram Weight (g)	100
Calories (kcal)	292
Calories from Fat (kcal)	49.32
Calories from SatFat (kcal)	12.4
Protein (g)	26.63
Carbohydrates (g)	50.64
Total Dietary Fiber (g)	26.7
Total Soluble Fiber (g)	--
Dietary Fiber (US 2016) (g)	26.7
Soluble Fiber (US 2016) (g)	--
Total Sugars (g)	7.27
Added Sugar (g)	0
Monosaccharides (g)	3.18
Disaccharides (g)	4.09
Other Carbs (g)	16.67
Fat (g)	5.48
Saturated Fat (g)	1.38
Mono Fat (g)	0.76
Poly Fat (g)	3.12
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	5.89



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Nutrient	Per 100g
Vitamin A - IU (IU)	1939
Vitamin A - RE (mcg)	193.9
Vitamin A - RAE (mcg)	96.95
Carotenoid RE (mcg)	193.9
Retinol RE (mcg)	0
Beta-Carotene (mcg)	1152
Vitamin B1 - Thiamin (mg)	0.2
Vitamin B2 - Riboflavin (mg)	2.38
Vitamin B3 - Niacin (mg)	9.94
Vitamin B3 - Niacin Equiv (mg)	16.99
Vitamin B6 (mg)	0.9
Vitamin B12 (mcg)	0
Biotin (mcg)	--
Vitamin C (mg)	125
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	8.96
Folate (mcg)	180
"Folate	DFE (mcg DFE)"
Vitamin K (mcg)	1359.5
Pantothenic Acid (mg)	1.06
Calcium (mg)	1140



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Nutrient	Per 100g
Chromium (mcg)	--
Copper (mg)	0.78
Fluoride (mg)	--
Iodine (mcg)	--
Iron (mg)	22.04
Magnesium (mg)	400
Manganese (mg)	9.81
Molybdenum (mcg)	--
Phosphorus (mg)	436
Potassium (mg)	2683
Selenium (mcg)	14.1
Sodium (mg)	452
Zinc (mg)	5.44
Omega 3 Fatty Acid (g)	1.88
Omega 6 Fatty Acid (g)	1.25
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	97.1