

Amaranth Powder

Natural, Single Ingredient, non-alkalized

Revised
4/2024

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 397

% Daily Value *

Total Fat 4.77g 6%

Saturated Fat 1.15g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 75.71g 28%

Dietary Fiber 8.93g 32%

Total Sugars 0.6g

Includes 0g Added Sugars 0%

Protein 12.76g 26%

Vitamin D 0mg 0%

Calcium 143.5mg 11%

Iron 5.5mg 31%

Potassium 503.3mg 11%

Phosphorus 518.3mg 41%

Magnesium 214.5mg 51%

Zinc 4mg 36%

Copper 0.4mg 44%

Manganese 3.9mg 170%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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