

# Nutrition Label

## Regal Annato Seeds

### Nutrition Facts

Serving Size 1/2 oz (14g)  
Servings Per Container 160

#### Amount Per Serving

**Calories** 50      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 10g      **3%**

Dietary Fiber 0g      **0%**

Sugars 2g

**Protein** 2g

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 8%

\* 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	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9      • Carbohydrate 4      • Protein 4

INGREDIENTS: Annatto Seeds