

Chia Powder

Natural, Single Ingredient, non-alkalized

Revised
4/2024

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories **405**

% Daily Value *

Total Fat 8.97g	12%
Saturated Fat 1.39g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5.23mg	0%
Total Carbohydrate 47.38g	17%
Dietary Fiber 43.01g	154%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 33.8g	68%
Calcium 1620mg	125%
Iron 22.31mg	124%
Potassium 1950mg	41%
Vitamin C 3.3mg	4%
Riboflavin 0.3mg	23%
Niacin 2.08mg	13%
Magnesium 956.21mg	228%

* 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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