

Nutrition Label

Regal Ground Annatto Seeds

Nutrition Facts			
Serving Size 1/2 oz (14g)			
Servings Per Container 128			
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