

Nutrition Facts

Caraway - Whole and Ground

Size: **100 Grams** (Note, this is a standardized measurement to help you determine the nutritional impact that this ingredient has in your completed product. **This is not a single serving size.**)

Water Content	(Grams)	9.9
Food Energy	(Calories)	333
Protein	(Grams)	19.7
Fat	(Grams)	14.6
Total Carbohydrate	(Grams)	49.9
Fiber	(Grams)	38
Ash	(Grams)	5.9
Calcium	(Mg)	689
Phosphorus	(Mg)	568
Sodium	(Mg)	17
Potassium	(Mg)	1351
Iron	(Mg)	16.2
Magnesium	(Mg)	258
Thiamine (Vitamin B1)	(Mg)	0.383
Riboflavin (Vitamin B2)	(Mg)	0.379
Niacin	(Mg)	3.6
Ascorbic Acid (Vitamin C)	(Mg)	21
Vitamin A Activity	(Int'l Units)	363
Cholesterol	(Mg)	0
Trans Fatty Acid	(Grams)	0
Cholesterol	(Mg)	0
Fatty Acids, Saturated	(Grams)	0.620

Data Source: U. S. D. A.

All Values Are Proximate Composition Of Sampled Goods. Values May Change With The Quality And Origin Of The Actual Goods Supplied. We At Bakers Elements, Provide This Information Without Warrantee And Assume No Responsibility For The Accuracy Or Integrity Of The Information Provided Or It's Source As Listed Above. 06/12/2008