



Seeds, Spices and Grains for the Baking Industry

# Nutrition Facts

## Cinnamon

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)	9.52
Food Energy	(Calories)	261
Protein	(Grams)	3.89
Fat	(Grams)	3.19
Total Carbohydrate	(Grams)	79.85
Fiber	(Grams)	54.3
Ash	(Grams)	3.55
Calcium	(Mg)	1228
Phosphorus	(Mg)	61
Sodium	(Mg)	26
Potassium	(Mg)	500
Iron	(Mg)	38.07
Magnesium	(Mg)	56
Thiamine (Vitamin B1)	(Mg)	0.077
Riboflavin (Vitamin B2)	(Mg)	0.140
Niacin	(Mg)	1.3
Ascorbic Acid (Vitamin C)	(Mg)	28.5
Vitamin A Activity	(Int'l Units)	280
Trans Fatty Acids	(Grams)	0
Cholesterol	(Mg)	0

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. 03/19/2008