



## Nutrition Profile Organic Coriander

**Product Name:** Organic Coriander  
**Description:** Ground, Whole  
**Serving Size:** 100 Grams  
**Date:** 08 January 2019

Total Nutrient Values					
Nutrient Name	Unit	Unrounded Values	FDA Rounding	Daily Value Percentage	100 Gram Value
Calories		298.00	300		298.00
Calories from Fat		148.73	150		148.73
Total Fat	g	17.77	18	24%	17.77
Saturated Fat	g	0.99	1	5%	0.99
Trans Fat	g	0.00	0	0%	0.00
Cholesterol	mg	0.00	0	0%	0.00
Sodium	mg	35.00	35	2%	35.00
Total Carbohydrates	g	54.99	55	20%	54.99
Dietary Fiber	g	41.90	42	150%	41.90
Sugars	g	0.00	0	0%	0.00
Added Sugars	g	0.00	0	0%	0.00
Protein	g	12.37	12	24%	12.37
Vitamin D	IU	0.00	0	0%	0.00
Calcium	mg	709.00	700	54%	709.00
Iron	mg	16.32	16.5	92%	16.32
Potassium	mg	1267.00	1267	27%	1267.00
Vitamin A	IU	0.00	0	0%	0.00
Vitamin C	mg	21.00	21	23%	21.00

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CANADIAN ORGANIC Spice & Herb Co. Inc. has not tested the ingredients and/or product listed above for nutritional content. The nutrient values presented above should be viewed and used only as a guide or approximation of the true nutrient content. Nutrient composition of foods and ingredients can vary substantially between different batches and brands because of several factors including changes in season, processing practices and ingredient source. CANADIAN ORGANIC Spice & Herb Co. Inc. provides this information to the Customer with the understanding that Customers exercise their own skill and judgment with respect to its use, and with the explicit understanding that the Customer is solely responsible for reviewing the accuracy, completeness, and relevance of the results for any and all Customer purposes.

### CANADIAN ORGANIC Spice & Herb Co. Inc.

115 Main Street  
 Watson, SK S0K 4V0  
 Ph: 306-287-1980 Fax: 888-700-8219  
[www.splendorgarden.com](http://www.splendorgarden.com)