



PRODUCT SPECIFICATIONS

Product Code: 00303

Badia Spices, Inc.
1400 NW 93rd Avenue
Doral, FL 33172

Product Name:

4/4 LBS NUTMEG GROUND

Nutrient Analysis	
Nutrient	Per 100g
Calories (kcal)	475
Calories from Fat (kcal)	245.7
Calories from SatFat (kcal)	--
Fat (g)	27.3
Saturated Fat (g)	--
Trans Fatty Acid (g)	0
Poly Fat (g)	--
Mono Fat (g)	--
Cholesterol (mg)	--
Carbohydrates (g)	51
Dietary Fiber (g)	16
Soluble Fiber (g)	--
Insoluble Fiber (g)	--
Total Sugars (g)	--
Other Carbs (g)	--
Protein (g)	6.7
Vitamin A - IU (IU)	20
Vitamin C (mg)	1
Vitamin D - IU (IU)	--
Vitamin E - IU (IU)	--
Vitamin B1 (mg)	--
Vitamin B2 (mg)	--



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Nutrient	Per 100g
Vitamin B3 (mg)	--
Vitamin B6 (mg)	--
Folate (mcg)	--
Vitamin B12 (mcg)	0
Biotin (mcg)	--
Pantothenic Acid (mg)	--
Sodium (mg)	14.8
Potassium (mg)	--
Calcium (mg)	160
Iron (mg)	2
Phosphorus (mg)	--
Magnesium (mg)	--
Zinc (mg)	--
Iodine (mcg)	--
Copper (mg)	--
18:0 - Stearic (g)	--
Sugar Alcohol (g)	--