



Nutritional Information Per 100 Grams
 #294 Crunchy Toasted & Shredded Kataifi

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
294	1	Serving	100.00	366.00	0.42	0.14	0.01	0	
Total	1	Serving	100.00	366.00	0.42	0.14	0.01	0	

Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	VitA-IU (IU)	
294	85.20	1.60	1.40	0	6.28	1.20	6.92	0	
Total	85.20	1.60	1.40	0	6.28	1.20	6.92	0	

Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)	
294	0	0	0	0	3.80	110.00	19.00	490.00	
Total	0	0	0	0	3.80	110.00	19.00	490.00	

07/22/2025

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **370**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 490mg **21%**
Total Carbohydrate 85g **31%**

 Dietary Fiber 2g **7%**

Total Sugars 1g

 Includes 0g Added Sugars **0%**
Protein 6g

 Vitamin D 0mcg **0%**

 Calcium 20mg **2%**

 Iron 3.8mg **20%**

 Potassium 110mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.