

Amaranth Powder

Natural, Single Ingredient, non-alkalized

Revised
4/2024

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 397

% Daily Value *

Total Fat 4.77g	6%
Saturated Fat 1.15g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 75.71g	28%
Dietary Fiber 8.93g	32%
Total Sugars 0.6g	
Includes 0g Added Sugars	0%
Protein 12.76g	26%
Vitamin D 0mg	0%
Calcium 143.5mg	11%
Iron 5.5mg	31%
Potassium 503.3mg	11%
Phosphorus 518.3mg	41%
Magnesium 214.5mg	51%
Zinc 4mg	36%
Copper 0.4mg	44%
Manganese 3.9mg	170%

* The % Daily Value (DV) 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.

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