



NIELSEN·MASSEY®
FINE VANILLAS & FLAVORS

NUTRITIONAL INFORMATION

PRODUCT: MADAGASCAR BOURBON VANILLA BEANS

ANALYSIS	RESULTS PER 100g
Calories	295
Calories from Total Fat	81
Total Fat	9.0 g
Saturated Fat	1.4 g
Polyunsaturated Fat	5.6 g
Monounsaturated Fat	2.1 g
Trans Fatty Acids	0
Cholesterol	<1.0 mg
Sodium	86 mg
Total Carbohydrate	49.4 g
Dietary Fiber	28.5 g
Soluble Fiber	1.2 g
Insoluble Fiber	27.3 g
Sugar (Total)	19.5 g
Sugar (Added)	0 g
Protein	4.12
Folate	<5.0 mcg
Vitamin A	25 IU
Vitamin C	<1.0 mg
Vitamin D	<0.55 mcg
Calcium	486 mg
Iron	2.99 mg
Potassium	1350 mg

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