

Ground Nutmeg

Nutrition Facts	
Serving Size 1 tbsp (7g)	
Servings Per Container 165	
Amount Per Serving	
Calories 37	Calories from Fat 21
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 1mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	0%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Ingredients: Nutmeg