



Nutritional Information

Corporate: 100 Congress Street
Quincy, MA 02169-0948
USA No

Location: Bolingbrook IL

Issue Date : Apr-10-23 Brand : CARAWAY, WHOLE-RP
Prepared By : klang Product : 91109 RP 10-DAW

NUTRIENT	UOM	PER 30 g	% DV	PER 100 g	% DV
Calories	kcal	112.67		375.57	
Beta Glucan	g				
Protein	g	5.93		19.77	
Carbohydrates	g	14.81	5%	49.35	18%
Dietary Fiber (2016)	g	11.40	41%	38.00	136%
Soluble Fiber	g				
Total Sugars	g	0.19		0.64	
Added Sugar	g	0.00	0%	0.00	0%
Total Fat	g	3.30	4%	11.01	14%
Saturated Fat	g	0.19	1%	0.62	3%
Mono Fat	g	2.14		7.12	
Poly Fat	g	0.98		3.27	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Ash	g	1.76		5.87	
Water	g	4.20		14.00	
Vitamin A - RAE	mcg	5.45	1%	18.15	2%
Vitamin B1 - Thiamin	mg	0.11	9%	0.38	32%
Vitamin B2 - Riboflavin	mg	0.11	8%	0.37	28%
Vitamin B3 - Niacin Equiv	mg	2.30	14%	7.67	48%
Vitamin B6	mg	0.11	6%	0.36	21%
Vitamin B12	mcg	0.00	0%	0.00	0%
Biotin	mcg				
Vitamin C	mg	6.30	7%	21.00	23%
Vitamin D - mcg	mcg	0.00	0%	0.00	0%
Vitamin E - Alpha-Toco	mg	0.75	5%	2.50	17%
Folate, DFE mcg	DFE	3.00	1%	10.00	3%
Folic Acid	mcg	0.00		0.00	
Folate, food	mcg	3.00		10.00	
Vitamin K	mcg	0.00	0%	0.00	0%
Pantothenic Acid	mg				

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Calcium	mg	206.70	16%	689.00	53%
Chromium	mcg				
Copper	mg	0.27	30%	0.91	101%
Fluoride	mg				
Iodine	mcg				
Iron	mg	4.87	27%	16.23	90%
Magnesium	mg	77.40	18%	258.00	61%
Manganese	mg	0.39	17%	1.30	57%
Phosphorus	mg	170.40	14%	568.00	45%
Potassium	mg	405.30	9%	1351.00	29%
Selenium	mcg	3.63	7%	12.10	22%
Sodium	mg	5.10	0%	17.00	1%
Zinc	mg	1.65	15%	5.50	50%
Molybdenum	mcg				
Choline	mg	7.41	1%	24.70	4%
Chloride	mg				
Omega 3 Fatty Acid	g	0.05		0.15	
Omega 6 Fatty Acid	g	0.94		3.12	

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