

**Nutritional Information**

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

Location: Woodland CA

Issue Date : Mar-08-21 Brand : CINNAMON, GROUND 2.5%  
 Prepared By : klang Product : 91777 ML 25-DAW

<b>NUTRIENT</b>	<b>UOM</b>	<b>PER 30 g</b>	<b>% DV</b>	<b>PER 100 g</b>	<b>% DV</b>
Calories	kcal	99.84		332.80	
Protein	g	1.20		3.99	
Carbohydrates	g	23.33	8%	77.77	28%
Dietary Fiber (2016)	g	15.93	57%	53.10	190%
Soluble Fiber	g				
Total Sugars	g	0.65		2.17	
Added Sugar	g	0.00	0%	0.00	0%
Total Fat	g	0.19	0%	0.64	1%
Saturated Fat	g	0.10	1%	0.34	2%
Mono Fat	g	0.07		0.24	
Poly Fat	g	0.02		0.06	
Total Trans Fatty Acids	g				
Cholesterol	mg	0.00	0%	0.00	0%
Ash	g	1.08		3.60	
Water	g	4.20		14.00	
Vitamin A - RAE	mcg	4.43	0%	14.75	2%
Vitamin B1 - Thiamin	mg	0.01	1%	0.02	2%
Vitamin B2 - Riboflavin	mg	0.01	1%	0.04	3%
Vitamin B3 - Niacin Equiv	mg	0.64	4%	2.14	13%
Vitamin B6	mg	0.05	3%	0.15	9%
Vitamin B12	mcg	0.00	0%	0.00	0%
Biotin	mcg				
Vitamin C	mg	1.14	1%	3.80	4%
Vitamin D - mcg	mcg	0.00	0%	0.00	0%
Vitamin E - Alpha-Toco	mg	0.70	5%	2.32	15%
Folate, DFE mcg	DFE	1.80	0%	6.00	2%
Folic Acid	mcg	0.00		0.00	
Folate, food	mcg	1.80		6.00	
Vitamin K	mcg	9.36	8%	31.20	26%
Pantothenic Acid	mg	0.11	0%	0.35	1%

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Calcium	mg	300.60	23%	1002.00	77%
Chromium	mcg				
Copper	mg	0.10	11%	0.33	37%
Fluoride	mg				
Iodine	mcg				
Iron	mg	2.50	14%	8.32	46%
Magnesium	mg	18.00	4%	60.00	14%
Manganese	mg	5.24	228%	17.46	759%
Phosphorus	mg	19.20	2%	64.00	5%
Potassium	mg	129.30	3%	431.00	9%
Selenium	mcg	0.93	2%	3.10	6%
Sodium	mg	3.00	0%	10.00	0%
Zinc	mg	0.55	5%	1.83	17%
Molybdenum	mcg				
Choline	mg	3.30	1%	11.00	2%
Chloride	mg				
Omega 3 Fatty Acid	g	0.00		0.01	
Omega 6 Fatty Acid	g	0.01		0.04	

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