

# Nutrition Facts

**Raw Honey**

**Serving size (21g)**

**Amount Per Serving**

**Calories**

**60**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 0g **0%**

Vitamin D 0mcg **0%**

Calcium 65mg **4%**

Iron 11.52mg **60%**

Potassium 0mg **0%**

\*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.