

Nutrition Facts

Tamarind Serving size (100g)

Amount Per Serving

Calories **240**

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% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.3g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 62g 23%

Dietary Fiber 5g 18%

Total Sugars 57g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 91mg 8%

Iron 2.88mg 15%

Potassium 0mg 0%

Vitamin A 108mcg 0%

Vitamin C 5.4mg 6%

* 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.