

Nutrition Facts

Basil

Serving size (100g)

Amount Per Serving

Calories

25

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% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 177mg **15%**

Iron 3.2mg **20%**

Potassium 0mg **0%**

Vitamin A **30%**

Vitamin C **20%**

*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.