

Nutrition Facts

Cardamom

Serving size (6g)

Amount Per Serving

Calories

20

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0.4g		2%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		7%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein < 1g		1%
Vitamin D 0mcg		0%
Calcium 22mg		2%
Iron 0.8mg		4%
Potassium 0mg		0%
Vitamin C		2%
Manganese		70%

*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.