

# Nutrition Facts

**Cinnamon**

**Serving size (100g)**

**Amount Per Serving**

**Calories**

**20**

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

**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 104mg	<b>8%</b>
Iron 0.72mg	<b>4%</b>
Potassium 0mg	<b>0%</b>

\*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.