

Nutrition Facts

Dill

Serving size (100g)

Amount Per Serving

Calories

45

www.ihcare.ae

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.06g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 6.6mg	35%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	90%

*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.