

Nutrition Facts

Fenugreek

Serving size (100g)

Amount Per Serving

Calories

320

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% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 6g | 8% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 65mg | 3% |
| Total Carbohydrate 60g | 22% |
| Dietary Fiber 25g | 89% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 23g | 46% |
| Vitamin D 0mcg | 0% |
| Calcium 234mg | 20% |
| Iron 33.48mg | 190% |
| Potassium 0mg | 0% |
| Vitamin A 108mcg | 0% |
| Vitamin C 4.5mg | 4% |

*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.