

# Nutrition Facts

Oregano

Serving size (100g)

Amount Per Serving

**Calories**

**310**

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

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 2.7g **14%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 64g **23%**

Dietary Fiber 43g **154%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**

Vitamin D 0mcg 0%

Calcium 2054mg 160%

Iron 43.92mg 240%

Potassium 2256mg 50%

Vitamin A 140%

Vitamin C 80%

Vitamin E 90%

Vitamin K 780%

Vitamin B6 60%

Phosphorus 20%

Zinc 30%

Selenium 8%

Copper 45%

Manganese 230%

\*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.