

Nutrition Facts

Turmeric

Serving size (28g)

Amount Per Serving

Calories

100

	www.ihcare.ae	% Daily Value*
Total Fat 3g		4%
Saturated Fat 1g		5%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 18g		7%
Dietary Fiber 6g		21%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein 2g		4%
Vitamin D 0mcg		0%
Calcium 65mg		4%
Iron 11.52mg		60%
Potassium 940mg		20%
Vitamin C		10%
Vitamin E		4%
Vitamin K		4%
Thiamin		4%
Riboflavin		4%
Niacin		8%
Vitamin B6		25%
Folate		4%
Phosphorus		8%
Magnesium		15%
Zinc		8%
Copper		8%
Manganese		110%

* 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.