

Nutrition Facts

Chia Seeds

Serving size (100g)

Amount Per Serving

Calories

490

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% Daily Value*

Total Fat 31g	40%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 44g	16%
Dietary Fiber 38g	136%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 819mg	60%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 17.1mg	20%

*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.