

Nutrition Facts

Coffee Beans **Serving size (100g)**

Amount Per Serving

Calories

280

	www.ihcare.ae	% Daily Value*
Total Fat 15g		19%
Saturated Fat 3.2g		16%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 75mg		3%
Total Carbohydrate 26g		9%
Dietary Fiber 20g		71%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 10g		20%
Vitamin D 0mcg		0%
Calcium 156mg		10%
Iron 4.14mg		25%
Potassium 2726mg		60%
Thiamin		4%
Riboflavin		10%
Niacin		80%
Phosphorus		15%
Magnesium		60%
Zinc		4%
Copper		80%

* 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.