

Nutrition Facts

Flaxseed

Serving size (100g)

Amount Per Serving

Calories

530

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% Daily Value*

Total Fat 42g **54%**

Saturated Fat 3.7g **19%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 29g **11%**

Dietary Fiber 27g **96%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 18g **36%**

Vitamin D 0mcg **0%**

Calcium 338mg **25%**

Iron 5.76mg **30%**

Potassium 0mg **0%**

Vitamin C 0.9mg **0%**

*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.