

# ATLANTIC

QUALITY SPICE & SEASONING

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## NUTRITIONAL INFORMATION

### OREGANO

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	363.76
FAT CAL	CAL	57.60
TOTAL FAT	GRAM	6.40
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	20.00
CARBOHYDRATES	GRAM	64.54
MOISTURE	GRAM	8.00
CALCIUM	MG	1.70
ASH	GRAM	9.00
DIETARY FIBER	GRAM	11.00
SUGARS	GRAM	0.00
VITAMIN A	IU	6900.00
VITAMIN C	MG	0.00
IRON	MG	53.30
PROTEIN	GRAM	12.00
POTASSIUM	MG	0.00

INGREDIENTS: OREGANO

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