

# ATLANTIC

QUALITY SPICE & SEASONING  
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## NUTRITIONAL INFORMATION CINNAMON STICKS

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	376.08
FAT CAL	CAL	38.88
TOTAL FAT	GRAM	4.32
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	10.00
CARBOHYDRATES	GRAM	79.80
MOISTURE	GRAM	10.00
CALCIUM	MG	1.60
ASH	GRAM	3.50
DIETARY FIBER	GRAM	20.30
SUGARS	GRAM	0.00
VITAMIN A	IU	260.00
VITAMIN C	MG	40.00
IRON	MG	4.10
PROTEIN	GRAM	4.50
POTASSIUM	MG	0.00

INGREDIENTS: CINNAMON

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