

# ATLANTIC

QUALITY SPICE & SEASONING  
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## NUTRITIONAL INFORMATION

### SAFFRON

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	359.73
FAT CAL	CAL	52.65
TOTAL FAT	GRAM	5.85
SATURATED FAT	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	148.20
CARBOHYDRATES	GRAM	65.37
MOISTURE	GRAM	11.80
CALCIUM	MG	110.90
ASH	GRAM	5.45
DIETARY FIBER	GRAM	3.90
SUGARS	GRAM	0.00
VITAMIN A	IU	530.00
VITAMIN C	MG	80.80
IRON	MG	11.10
PROTEIN	GRAM	11.40
POTASSIUM	MG	1724.00

INGREDIENTS: SAFFRON

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