

# Amaranth - Organic

Nutritional Information			
Serving Size:		1 cup(195g)	
Amount per Serving			
Calories	729	Calories from Fat:	
		% Daily Value *	
Total Fat	13 g		20 %
Saturated Fat	3 g		16 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	41 mg		2 %
Total Carbohydrates	129 g		43 %
Dietary Fiber	30 g		119 %
Sugars	g		
Protein	28 g		
Vitamin A	0%	Vitamin C	14 %
Calcium	30%	Iron	82 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

Ingredients: Amaranth

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.