

## 100 g NUTRITIONAL INFORMATION

Product name: Conventional White Chia Seeds

Nutrients	Unit	100g
<b>Proximates</b>		
Water	g	7.7
Energy/Calories	kcal	360
Protein	g	23.4
Total Fat	g	32.5
Ash	g	4.6
Carbohydrates	g	31.8
Dietary Fiber	g	30.1
Total Sugar	g	0
<b>Minerals</b>		
Calcium	mg	478
Potassium	mg	635
Sodium	mg	3
<b>Vitamins</b>		
Vitamin D	mcg	0
Vitamin A	mcg	0
Vitamin C	mg	0
<b>Lipids</b>		
Saturated Fat	g	3
Cholesterol	mg	0

Completed by: JENNYFER TRUJILLO

TITTLE: QA SUPERVISOR

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