

SEB022624B Ethiopian Berbere Nutritional

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Biotin (mcg)	--	--
Gram Weight (g)	100.00	100.00	Vitamin C (mg)	18.09	18.09
Calories (kcal)	252.89	252.89	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	70.64	70.64	Vitamin D - mcg (mcg)	0	0
Calories from SatFat (kcal)	16.91	16.91	Vitamin E - Alpha-Toco (mg)	8.51	8.51
Protein (g)	9.39	9.39	Folate (mcg)	38.01	38.01
Carbohydrates (g)	52.05	52.05	Folate, DFE (mcg DFE)	38.01	38.01
Total Dietary Fiber (g)	21.47	21.47	Vitamin K (mcg)	32.41	32.41
Total Soluble Fiber (g)	0	0	Pantothenic Acid (mg)	0.59	0.59
Dietary Fiber (2016) (g)	21.47	21.47	Folic Acid (mcg)	0	0
Soluble Fiber (2016) (g)	0	0	Minerals		
Total Sugars (g)	4.36	4.36	Calcium (mg)	375.04	375.04
Added Sugar (g)	0	0	Chromium (mcg)	0.64	0.64
Monosaccharides (g)	2.00	2.00	Copper (mg)	0.49	0.49
Disaccharides (g)	0.73	0.73	Fluoride (mg)	0.00	0.00
Other Carbs (g)	22.18	22.18	Iodine (mcg)	0	0
Fat (g)	7.85	7.85	Iron (mg)	9.22	9.22
Saturated Fat (g)	1.88	1.88	Magnesium (mg)	132.66	132.66
Mono Fat (g)	1.94	1.94	Manganese (mg)	5.83	5.83
Poly Fat (g)	2.70	2.70	Molybdenum (mcg)	0.00	0.00
Trans Fatty Acid (g)	0.00	0.00	Phosphorus (mg)	271.75	271.75
Cholesterol (mg)	0	0	Potassium (mg)	1143.67	1143.67
Water (g)	7.00	7.00	Selenium (mcg)	12.05	12.05
Ash (g)	23.20	23.20	Sodium (mg)	7487.14	7487.14
Vitamins			Zinc (mg)	2.63	2.63
Vitamin A - IU (IU)	12650.28	12650.28	Salt (g)	--	--
Vitamin A - RAE (mcg)	632.51	632.51	Chloride (mg)	--	--
Carotenoid RE (mcg)	1265.03	1265.03	Poly Fats		
Retinol RE (mcg)	0	0	Omega 3 Fatty Acid (g)	0.20	0.20
Beta-Carotene (mcg)	6667.72	6667.72	Omega 6 Fatty Acid (g)	2.50	2.50
Vitamin B1 - Thiamin (mg)	0.22	0.22	Other Nutrients		
Vitamin B2 - Riboflavin (mg)	0.37	0.37	Alcohol (g)	0	0
Vitamin B3 - Niacin (mg)	3.82	3.82	Caffeine (mg)	0	0
Vitamin B3 - Niacin Equiv (mg)	4.47	4.47	Choline (mg)	28.09	28.09
Vitamin B6 (mg)	0.92	0.92	Sugar Alcohol (g)	0	0
Vitamin B12 (mcg)	0	0	Sulfites - ppm (ppm)	--	--