





Organic Chia Seeds

Ingredients: Organic Chia Seeds

Country of Origin: Paraguay

Kosher: 

Organic: 

Allergen: N/A

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	146	
		% DV*
Total Fat	9g	20%
Saturated Fat	1g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	13g	3%
Dietary Fiber	10g	36%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	147mg	1%
Iron	2mg	11%
Potassium	95mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.