

Full Report (All Nutrients) 45291396, FLAX SEED MILLED BROWN, UPC: 046567031620
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Report Date: July 15, 2019 15:18 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer RALEY'S

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 15g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	80	533
Protein	g	--	--	3.00	20.00
Total lipid (fat)	g	--	--	6.00	40.00
Carbohydrate, by difference	g	--	--	4.00	26.67
Fiber, total dietary	g	--	--	4.0	26.7
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	40	267
Iron, Fe	mg	--	--	0.72	4.80
Magnesium, Mg	mg	--	--	60	400
Phosphorus, P	mg	--	--	100	667
Potassium, K	mg	--	--	120	800
Sodium, Na	mg	--	--	0	0
Zinc, Zn	mg	--	--	0.60	4.00
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.500	3.330
Fatty acids, total monounsaturated	g	--	--	1.000	6.670
Fatty acids, total polyunsaturated	g	--	--	4.500	30.000
Fatty acids, total trans	g	--	--	0.000	0.000

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 15g	1 Value Per100 g
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

MILLED BROWN FLAX SEEDS. *Date Available: 10/28/2017 Date Last Updated by Company: 10/28/2017*