

Full Report (All Nutrients) 45267188, HEMP SEED, UPC: 099482454746
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Report Date: August 24, 2019 13:04 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 Whole Foods Market, Inc.

Nutrient	Unit	Data points	Std. Error	3.0 Tbsp 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	180	600
Protein	g	--	--	10.00	33.33
Total lipid (fat)	g	--	--	15.00	50.00
Carbohydrate, by difference	g	--	--	2.00	6.67
Fiber, total dietary	g	--	--	1.0	3.3
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	2.70	9.00
Potassium, K	mg	--	--	240	800
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.999	3.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

ORGANIC HEMP SEEDS (RAW AND HULLED). Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017