

**Full Report (All Nutrients) 45288471, ORGANIC CHIA SEED, UPC: 492610211288**

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**Report Date: September 20, 2019 10:54 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 SIMPLY BALANCED

Nutrient	Unit	Data points	Std. Error	6 tsp 27g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	150	556
Protein	g	--	--	6.00	22.22
Total lipid (fat)	g	--	--	6.00	22.22
Carbohydrate, by difference	g	--	--	12.00	44.44
Fiber, total dietary	g	--	--	12.0	44.4
<b>Minerals</b>					
Sodium, Na	mg	--	--	0	0

**Vitamins**

**Lipids**

**Amino Acids**

**Other**

**Ingredients**

ORGANIC WHOLE CHIA SEEDS. *Date Available:* 05/25/2018 *Date Last Updated by Company:* 05/25/2018