



Seeds, Spices and Grains for the Baking Industry

Nutrition Facts

Apple Pie Seasoning

Size: **100 Grams** (Note, this is a standardized measurement to help you determine the nutritional impact that this ingredient has in your completed product. **(This is not a single serving size.)**)

Water Content	(Grams)	8.43
Food Energy	(Calories)	348
Protein	(Grams)	4.53
Fat	(Grams)	14.12
Total Carbohydrate	(Grams)	69.77
Fiber	(Grams)	43.25
Ash	(Grams)	3.15
Calcium	(Mg)	883
Phosphorus	(Mg)	111.16
Sodium	(Mg)	22.7
Potassium	(Mg)	450.5
Iron	(Mg)	26.51
Thiamine (Vitamin B1)	(Mg)	0.166
Riboflavin (Vitamin B2)	(Mg)	0.113
Niacin	(Mg)	1.30
Ascorbic Acid (Vitamin C)	(Mg)	20.09
Vitamin A Activity	(Int'l Units)	207.9
Sugars	(Grams)	10.07
Saturated Fat – total	(Grams)	8.237
Cholesterol	(Mg)	0
Trans Fatty Acid	(Grams)	0

Data Source: U. S. D. A.

All Values Are Proximate Composition Of Sampled Goods. Values May Change With The Quality And Origin Of The Actual Goods Supplied. We At Bakers Elements, Provide This Information Without Warrantee And Assume No Responsibility For The Accuracy Or Integrity Of The Information Provided Or It's Source As Listed Above. 06/12/2008