

## Nutrition Facts

### Cardamom

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)	8.28
Food Energy	(Calories)	311
Protein	(Grams)	10.76
Fat	(Grams)	6.7
Total Carbohydrate	(Grams)	68.47
Fiber	(Grams)	28
Ash	(Grams)	5.78
Calcium	(Mg)	383
Phosphorus	(Mg)	178
Sodium	(Mg)	18
Potassium	(Mg)	1119
Iron	(Mg)	13.97
Thiamine (Vitamin B1)	(Mg)	0.198
Riboflavin (Vitamin B2)	(Mg)	0.182
Niacin	(Mg)	1.102
Magnesium	(Mg)	229
Ascorbic Acid (Vitamin C)	(Mg)	21
Vitamin A Activity	(Int'l Units)	0
Trans Fatty Acid	(Grams)	0
Cholesterol	(Mg)	0
Fatty Acids, Saturated	(Grams)	0.680

Data Source: U.S.D.A. Nutrient Database

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