



Seeds, Spices and Grains for the Baking Industry

Nutrition Facts

Chives

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)	2.0
Food Energy	(Calories)	311
Protein	(Grams)	21.20
Fat	(Grams)	3.5
Total Carbohydrate	(Grams)	64.29
Fiber	(Grams)	26.2
Ash	(Grams)	9.01
Calcium	(Mg)	813
Phosphorus	(Mg)	518
Sodium	(Mg)	70
Potassium	(Mg)	2960
Iron	(Mg)	20.0
Magnesium	(Mg)	640
Thiamine (Vitamin B1)	(Mg)	0.900
Riboflavin (Vitamin B2)	(Mg)	1.50
Niacin	(Mg)	5.90
Ascorbic Acid (Vitamin C)	(Mg)	660
Vitamin A Activity	(Int'l Units)	68300
Trans Fatty Acid	(Grams)	0
Cholesterol	(Mg)	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