

# Nutrition Facts

**Amaranth**

**Serving size (140g)**

**Amount Per Serving**

**Calories**

**720**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 127g	<b>46%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	<b>52%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 403mg	<b>30%</b>
<b>Iron</b> 14.76mg	<b>80%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Vitamin C</b> 13.5mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.