

Nutrition Facts

Mustard Seed

Serving size (6g)

Amount Per Serving

Calories

30

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% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.1g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 0mg	0%
Vitamin C	0%

*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.