

Nutrition Facts

Nutmeg

Serving size (100g)

Amount Per Serving

Calories

520

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% Daily Value*

Total Fat 36g **46%**

Saturated Fat 26g **130%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 50g **18%**

Dietary Fiber 21g **75%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 184mg **15%**

Iron 3.05mg **15%**

Potassium 0mg **0%**

Vitamin A **0%**

Vitamin C **4%**

*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.