

Nutrition Facts

Hemp Seed

Serving size (100g)

Amount Per Serving

Calories

570

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% Daily Value*

Total Fat 44g	56%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 13.86mg	80%
Potassium 0mg	0%
Vitamin E	280%
Phosphorus	140%
Magnesium	270%
Zinc	120%
Copper	25%
Manganese	500%

*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.