

Hulled Hemp Seed – Nutrition Facts Per 100g serving

Hulled hemp seed		
Nutrition Facts		
Valeur nutritive		
Per 100g serving		
Par portion de 100g		
Amount		% Daily Value*
Quantité		% valeur quotidienne*
Calories/Calories 575 (2405 kJ)		
Fat Cal/Cal des lip 395		
Total Fat/Lipides	43.9g	132%
Saturated/Saturés	4.0g	13%
Trans	0.0g	
Polyunsaturated/Polyinsaturés	35.2g	
Omega-6/ oméga-6	26.1g	
Omega-3/ oméga-3	9.1g	
Monounsaturated/Monoinsaturés	4.7g	
Cholesterol/Cholestérol	0.0g	
Sodium	10.0mg	0%
Potassium	1130mg	32%
Carbohydrate/Glucides	11.9g	17%
Fiber/Fibres	6.9g	
Sugar/Sucres	3.0g	
Protein/Protéines	33.0g	
Vitamin E/Vitamine E	27.5mg	275%
Calcium	80mg	7%
Phosphorus/ Phosphore	1590mg	145%
Magnesium/ Magnésium	670mg	268%
Iron/Fer	11mg	78%
Zinc	11mg	122%
Copper/Cuivre		27%
Manganese/Manganèse		500%
* Based on 2,000 Calorie Diet		
* En fonction d'un régime alimentaire de 2 000 Calories		
Ingredients/Ingrédients:		
100% Canadian hulled hemp seed		

(not a significant source of Vitamin A, C or D)

Hulled Hemp Seeds

