



Nutrition Facts

Serving Size:

tbsp (11ggrams)

Mint Leaves

Amount Per Serving

Calories5

		% Daily Value*
Total Fat	0.1g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	3.4mg milligrams	0% Daily Value
Total Carbohydrates	1g grams	0% Daily Value
Dietary Fiber	0.8g grams	3% Daily Value
Protein	0.4g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	23mg milligrams	2% Daily Value
Iron	1.4mg milligrams	8% Daily Value
Potassium	52.2mg milligrams	1% Daily Value

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.