



# Nutrition Facts

Serving Size:

100

g (100ggrams)

Italian Parsley

Amount Per Serving

**Calories 36**

		% Daily Value*
Total Fat	0.8g grams	1%Daily Value
Saturated Fat	0.1g grams	1%Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.1g grams	
Monounsaturated Fat	0.3g grams	
Cholesterol	0mg milligrams	0%Daily Value
Sodium	56mg milligrams	2%Daily Value
Total Carbohydrates	6.3g grams	2%Daily Value
Dietary Fiber	3.3g grams	12%Daily Value
Sugars	0.9g grams	
Protein	3g grams	
Vitamin D	0mcg micrograms	0%Daily Value
Calcium	138mg milligrams	11%Daily Value
Iron	6.2mg milligrams	34%Daily Value
Potassium	554mg milligrams	12%Daily Value
Caffeine	0mg	

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.