



## Spices, poppy seed

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### FOOD SUMMARY

#### Nutrition Facts

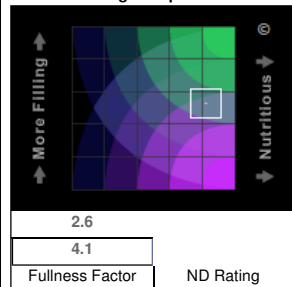
Serving Size 100 grams

Amount Per Serving		
Calories	525	Calories from Fat 348
% Daily Value*		
Total Fat	42g	64%
Saturated Fat	5g	23%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	26mg	1%
Total Carbohydrate	28g	9%
Dietary Fiber	20g	78%
Sugars	3g	
Protein	18g	
Vitamin A	0%	Vitamin C 2%
Calcium	144%	Iron 54%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[Download Printable Label Image](#)

#### Nutritional Target Map



#### Caloric Ratio Pyramid



#### NutritionData's Opinion

Weight loss:

Optimum health:

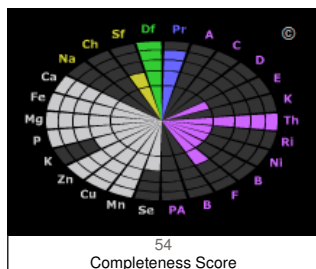
Weight gain:

**The good:** This food is very low in Cholesterol and Sodium. It is also a good source of Dietary Fiber, Thiamin, Iron, Magnesium, Phosphorus and Copper, and a very good source of Calcium and Manganese.

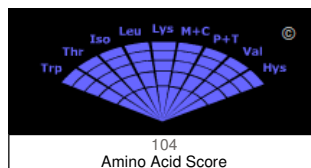
1

**-214**  
moderately  
inflammatory

### NUTRIENT BALANCE



### PROTEIN QUALITY



### NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	525 (2198 kJ)	26%
From Carbohydrate	115 (481 kJ)	
From Fat	348 (1457 kJ)	
From Protein	62.4 (261 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	28.1 g	9%
Dietary Fiber	19.5 g	78%
Starch	~	
Sugars	3.0 g	
Sucrose	2330 mg	
Glucose	370 mg	

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	18.0 g	36%
Tryptophan	184 mg	
Threonine	686 mg	
Isoleucine	819 mg	
Leucine	1321 mg	
Lysine	952 mg	
Methionine	502 mg	
Cystine	297 mg	
Phenylalanine	758 mg	
Tyrosine	727 mg	
Valine	1095 mg	
Arginine	1945 mg	
Histidine	471 mg	
Alanine	839 mg	
Aspartic acid	2365 mg	
Glutamic acid	4300 mg	
Glycine	952 mg	
Proline	2754 mg	
Serine	952 mg	

Fructose	290 mg
Lactose	0.0 mg
Maltose	0.0 mg
Galactose	0.0 mg

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**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	41.6 g	64%
Saturated Fat	4.5 g	23%
4:00	0.0 mg	
6:00	37.0 mg	
8:00	0.0 mg	
10:00	0.0 mg	
12:00	0.0 mg	
13:00	0.0 mg	
14:00	77.0 mg	
15:00	0.0 mg	
16:00	3581 mg	
17:00	0.0 mg	
18:00	782 mg	
19:00	~	
20:00	39.0 mg	
22:00	0.0 mg	
24:00:00	0.0 mg	
Monounsaturated Fat	6.0 g	
14:01	0.0 mg	
15:01	0.0 mg	
16:1 undifferentiated	39.0 mg	
16:1 c	~	
16:1 t	~	
17:01	0.0 mg	
18:1 undifferentiated	5864 mg	
18:1 c	5864 mg	
18:1 t	0.0 mg	
20:01	78.0 mg	
22:1 undifferentiated	0.0 mg	
22:1 c	~	
22:1 t	~	
24:1 c	0.0 mg	
Polyunsaturated Fat	28.6 g	
16:2 undifferentiated	~	
18:2 undifferentiated	28291 mg	
18:2 n-6 c,c	~	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 i	~	
18:2 t not further defined	~	
18:03	273 mg	
18:3 n-3, c,c,c	273 mg	
18:3 n-6, c,c,c	0.0 mg	
18:4 undifferentiated	0.0 mg	
20:2 n-6 c,c	0.0 mg	
20:3 undifferentiated	0.0 mg	
20:3 n-3	~	
20:3 n-6	~	
20:4 undifferentiated	0.0 mg	
20:4 n-3	~	
20:4 n-6	~	
20:5 n-3	0.0 mg	
22:02	~	
22:5 n-3	0.0 mg	
22:6 n-3	0.0 mg	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	273 mg	
Total Omega-6 fatty acids	28291 mg	

[Learn more about these fatty acids and their equivalent names](#)

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Hydroxyproline	0.0 mg
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**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Retinol	0.0 mcg	
Retinol Activity Equivalent	0.0 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	0.0 mcg	
Beta Cryptoxanthin	0.0 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	0.0 mcg	
Vitamin C	1.0 mg	2%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.8 mg	9%
Beta Tocopherol	8.3 mg	
Gamma Tocopherol	8.8 mg	
Delta Tocopherol	0.2 mg	
Vitamin K	0.0 mcg	0%
Thiamin	0.9 mg	57%
Riboflavin	0.1 mg	6%
Niacin	0.9 mg	4%
Vitamin B6	0.2 mg	12%
Folate	82.0 mcg	21%
Food Folate	82.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	82.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	8.8 mg	
Betaine	0.9 mg	

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**Minerals**

Amounts Per Selected Serving		%DV
Calcium	1438 mg	144%
Iron	9.8 mg	54%
Magnesium	347 mg	87%
Phosphorus	870 mg	87%
Potassium	719 mg	21%
Sodium	26.0 mg	1%
Zinc	7.9 mg	53%
Copper	1.6 mg	81%
Manganese	6.7 mg	335%
Selenium	13.5 mcg	19%
Fluoride	~	~

**Sterols**

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	89.0 mg	
Campesterol	~	~
Stigmasterol	~	~
Beta-sitosterol	~	~

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**Other**

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	5.9 g	
Ash	6.4 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

**Footnotes for Spices, poppy seed**

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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