

TURMERIC NUTRITION LABEL

"Nutritional data and images courtesy of www.NutritionData.com."

Nutrition Facts

Serving Size 1 tbsp 7g (6 g)

Amount Per Serving

Calories 24

Calories from Fat 6

% Daily Value*

Total Fat 1g

1%

Saturated Fat 0g

1%

Trans Fat

Cholesterol 0mg

0%

Sodium 3mg

0%

Total Carbohydrate 4g

1%

Dietary Fiber 1g

6%

Sugars 0g

Protein 1g

Vitamin A

0% •

Vitamin C

3%

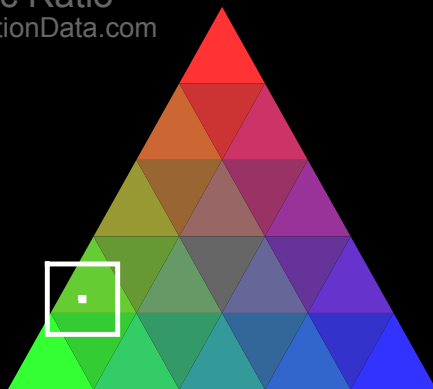
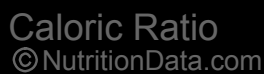
Calcium

1% • Iron

16%

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

© www.NutritionData.com



71%

Carbs

23%

Fats

6%

Protein