

#### **BADIA**

### 008063 - Seeds Chia

Chia seeds are an excellent source of protein, fiber and antioxidants going all the way back to the Aztecs. Consume them raw over salad, soup, yogurt or cereal; grind them and add to smoothies, juices and baked goods.





#### \* Benefits

N/A

Ingredients	▲ Allergens
Chia Seed	

# **Nutrition Facts**

Servings per Container Serving size 2TBSP (30g)

**Amount per serving** Palorios

**1 E N** 

Calories	150
% Da	ily Value*
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 10g	36%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 5g	_
_	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

# **Handling Suggestions**

No Storage instructions

Serving Suggestions

Prep & Cooking Suggestions

# Product Specifications

Brand	Manufacturer	Product Category		
BADIA	Badia Spices Inc.	Salt, Spices, & Seasonings		

MFG #	SPC #	GTIN	Pack	Pack Desc.
40507	008063	00033844405076	4	4 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
6.94lb	5.5lb	No	USA	Yes	No

Shipping Information						
Length Width Height			Volume	TIxHI	Shelf Life	Storage Temp From/To
7.75in	5.65in	8.2in	0.21ft3	40x6	1825DAYS	40°F / 90°F





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# Nutrition Analysis - By Serving

Calories	150	Total Fat	9g	Sodium	0mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates···	13g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	10g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

# Additional Images



