

# Nutritional analysis

## 5690 - - 1214-, 1214-1 Old fashioned steak spice unit v1

Edible portion : 40,0 \* 100,00 g

Weight / volume : 0,000

Serving :

Category :

### Allergènes

Nutrients	value Per serving	value per 100 g	Canadian DRI per serving	USA DRI per serving
Energy (kilocalories) ( kcal )	181,864	181,864	9,1 %	9,1 %
Energy (kilojoules) ( kj )	424,577	424,577	5,1 %	5,1 %
Protein ( g )	6,838	6,838		13,7 %
Fat (total lipids) ( g )	3,938	3,938	5,3 %	5,0 %
Carbohydrate, total (by difference) ( g )	40,016	40,016	13,3 %	14,6 %
Moisture ( g )				
Folic acid ( µg )				
Pantothenic acid ( mg )				
Fatty acids, monounsaturated, total ( g )	0,763	0,763		
Fatty acids, polyunsaturated, total ( g )	0,253	0,253		
Fatty acids, saturated, total ( g )	0,375	0,375		1,9 %
Fatty acids, trans, total ( g )	0,010	0,010		
Biotin ( µg )				
Calcium ( mg )				
Cholesterol ( mg )	243,733	243,733	18,7 %	18,7 %
Copper ( mg )				
Total niacin equivalent ( ne )				
Iron ( mg )				
Fibre, insoluble dietary fibre ( g )	10,672	10,672	59,3 %	133,4 %
Fibre, total dietary ( g )				
Magnesium ( mg )	13,021	13,021	46,5 %	46,5 %
Manganese ( mg )				
Phosphorus ( mg )				
Potassium ( mg )				
Riboflavin ( mg )				
Selenium ( µg )	479,469	479,469	10,2 %	10,2 %
Sodium ( mg )				
Sugars, total ( g )				
Thiamin ( mg )	15757,795	15757,790	685,1 %	685,1 %
Vitamin a (retinol equivalents) ( re )	2,848	2,848	2,8 %	
Vitamin b-12 ( µg )				
Vitamin b-6 ( mg )	50,051	50,051	5,0 %	
Vitamin c ( mg )				
Vitamin e, total tocopherols ( mg )				
Vitamin k ( µg )	16,679	16,679	18,5 %	18,5 %
Zinc ( mg )				
Beta carotene ( µg )				
Vitamin a (international units) ( iu )				

# Nutritional analysis

## 5690 - - 1214-, 1214-1 Old fashioned steak spice unit v1

Nutrients	value Per serving	value per 100 g	Canadian DRI per serving	USA DRI per serving
Vitamin d (international units) ( iu )				
Added sugars ( g )	788,508	788,508		15,8 %
Ash, total ( g )				
Cendres, totales ( g )				
Sucres ajoutés ( g )				

### Energy % from

Protein : 12,27 %	Fat : 15,90 %	Carbohyd.: 71,82 %	Cholesterol : 0,00 %	SFA : 1,51 %
linoleic acid : 0,00 %	linolenic acid : 0,00 %			