



Spices, caraway seed

<b>TOTAL</b>
<b>28.3</b>
<b>23.7</b>

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

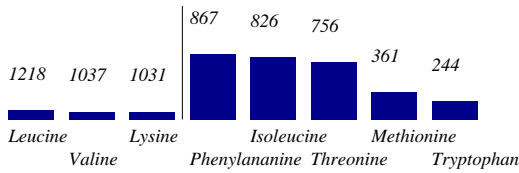
<b>FIBER</b>
<b>152</b>
<b>100</b>

Energy [kcal per 100 gr. food]



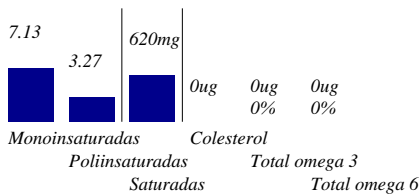
<b>kCALs</b>
<b>14.5</b>
<b>12.8</b>
<b>27.4</b>

Essential aminoacids profile [mg per 100 gr. food]



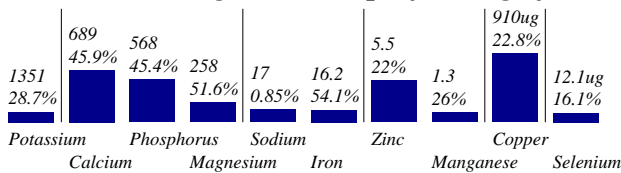
<b>PROTE.</b>
<b>43</b>
<b>35.3</b>
<b>100</b>

Main lipids profile [gr of lipid per 100 gr. food]



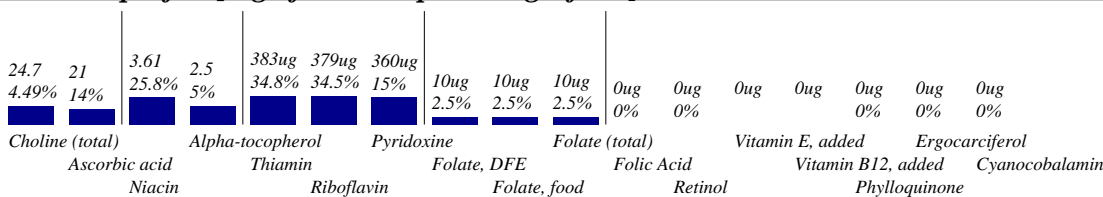
<b>EFA</b>
<b>0</b>

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



<b>MINER.</b>
<b>31.4</b>

Vitamin profile [mg of vitamin per 100 gr. food]



<b>VITAM.</b>
<b>9.4</b>

Phytochemicals profile [mg of nutrient per 100 gr. food]

