



Spices, nutmeg, ground

TOTAL 25.7 16.6

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



Proteins Water Sugars Fibre Alcohol Lipids Other

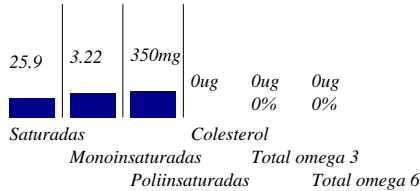
FIBER 83.2 54.7

Energy [kcal per 100 gr. food]



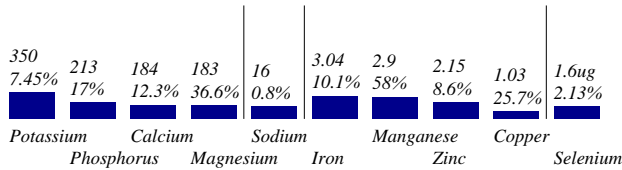
kCALs 22.8 20.2 39.2

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



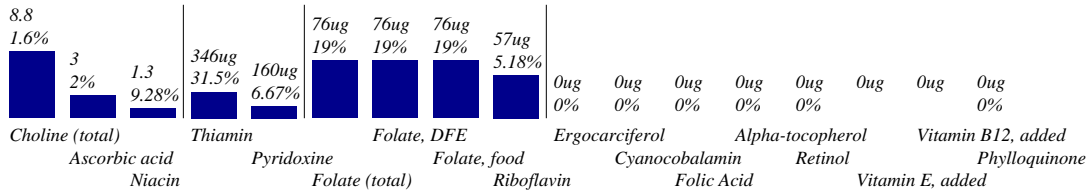
EFA 0

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



MINER. 17.9

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



VITAM. 7.5

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

