





* Benefits

International Foodsource
BLACK CHIA SEEDS; INGREDIENTS: CHIA SEEDS; MAKE CHIA PUDDING; PUT THEM INTO SMOOTHIES OR
SALAD DRESSINGS; BAKE THEM INTO BAKED GOODS LIKE MUFFINS OR BREADS; USE THEM FRO
GRANOLA OR ENERGY BARS. ALSO, USE THEM IN COOL CHIA DRINKS. ADD THEM TO WATER OR
COCONUT WATER. VEGETARIAN; VEGAN; GLUTEN-FREE; NON-GMO; FLAVOR AND TEXTURE TYPICAL OF CHIA SEEDS; KOSHER.

Ingredients	▲ Allergens
BLACK CHIA SEEDS	Free From: Second of the content

Nutrition Facts

Servings per Container 153 **Serving size 0.125CUPS (0.13GS21)**

Amount per serving Calories

150

<u>Jaiorics</u>	130
% D	aily Value*
Total Fat 10 g	15%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 13 g	4%
Dietary Fiber 11 g	44%
Total Sugars 0 g	
Includes 0 g Added Sugar	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 190 mg	20%
Iron 2.4 mg	15%
Potassium 120 mg	2%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Cold & Dry---UNIT UPC: 790429233577

Serving Suggestions

MAKE CHIA PUDDING; PUT THEM INTO SMOOTHIES OR SALAD DRESSINGS; BAKE THEM INTO BAKED GOODS LIKE MUFFINS OR BREADS; USE THEM FRO GRANOLA OR ENERGY BARS. ALSO, USE THEM IN COOL CHIA DRINKS. ADD THEM TO WATER OR COCONUT WATER.

Prep & Cooking Suggestions

UNPACK AND EAT.

Product Specifications

Brand	Manufacturer
International Foodsource	International Foodsource

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429233577	23357	23357	10790429233577		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.02 lb	10 lb	Argentina	No	

	Shipping Information						
Length Width Height Volume TlxHl Shelf Life Storage Temp From/					Storage Temp From/To		
	12.3 in	6.3 in	6.5 in	0.29 ft3	21x10	466 days	60 °F / 77 °F







See package for details

Nutrition Analysis - By Measure

Calories	150	Total Fat	10 g	Sodium	5 mg
Protein	5	Trans Fats	0 g	Calcium	190 mg
Total Carbohydrates	13 g	Saturated Fat	1 g	Iron	2.4 mg
Sugars	0 g	Added Sugars	0 g	Potassium	120 mg
Dietary Fiber	11 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images		

