



BLACK CHIA SEEDS

An excellent source of dietary fiber and calcium.

Mineral rich, with 5 grams of Omega-3 and 2 grams of Omega-6, per serving.

Use 1/4 cup in your 3 cup bread recipe.

1927

© NET WT 8 OZ (227g)

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfLOUR.com | 800.827.6836

Nutrition Facts

Serving Size 3 tablespoon (30g)

Servings Per Container about 8

Amount Per Serving

Calories 150 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 10g **40%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE CHIA SEEDS.

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Looking for recipes using this product?

Visit the recipe archives at kingarthurfLOUR.com.

Produced on equipment that also processes eggs, milk, soy, wheat, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

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