



# TAMARIND NUTRITION FACTS



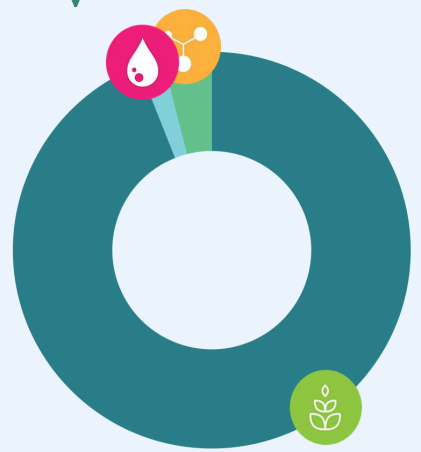
## CALORIES 239/100GM

	AMOUNT
CARBOHYDRATE	62.50 G
FAT	0.60 G
PROTEIN	2.80 G
CHOLESTEROL	0.00
FIBER	5.1 G
RIBOFLAVIN	0.152 MG
SODIUM, NA	28 MG
THIAMIN	0.428 MG

	AMOUNT
NIACIN	1.938 MG
VITAMIN A	2 MCG
VITAMIN B12	0.00
VITAMIN B6	0.066 MG
VITAMIN C	3.5 MG
VITAMIN D	0.00
FOLATE	14 MCG

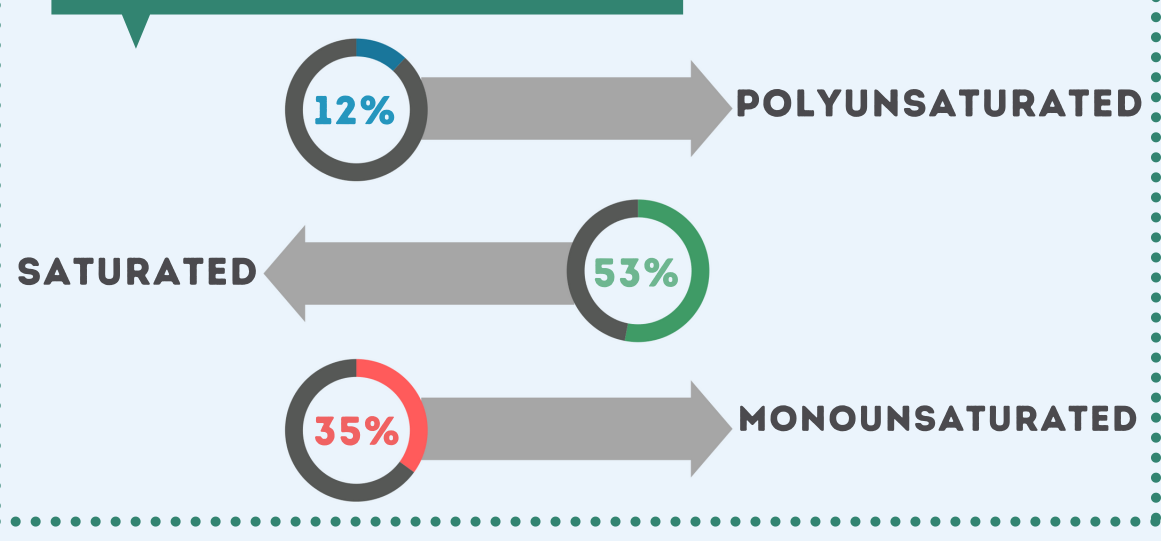


### CALORIES BY SOURCE



- CARBOHYDRATE 94%
- FAT 2%
- PROTEIN 4%

### FATS AND FATTY ACIDS



### TAMARIND OTHER NAMES

- TAMARINDUS INDICA
- TINTIRI
- TAMARINDO
- TAMARIN
- IMLEE
- TAMARINIER

### MINERALS IN TAMARIND

74 MG	CALCIUM, CA	6 % (DV)
0.086 MG	COPPER, CU	10 % (DV)
2.80 MG	IRON, FE	16 % (DV)
92 MG	MAGNESIUM, MG	23 % (DV)
1.3 MCG	SELENIUM, SE	2 % (DV)
113 MG	PHOSPHORUS, P	16 % (DV)
628 MG	POTASSIUM, K	13 % (DV)
0.10 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.