

# Kraut Chi

Nutrition Facts	
16 servings per container	
Serving size	1 oz (28g)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	3%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.2mg	2%
Potassium 50mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CABBAGE, RADISH, CARROTS, LEEKS, SEA SALT, RED PEPPERS, CHILI POWDER, TURMERIC, FENUGREEK, CORIANDER, CARDAMOM, GROUND GINGER