



Spicy Harissa Paste

FOOD.BRAND

FOOD.CATEGORY

Spicy Harissa Paste

Nutrients

| | |
|----------------------|--------------------|
| CALORIES | 44 kcal (per 100g) |
| PROTEIN | 3.1g (per 100g) |
| FAT | 1.8g (per 100g) |
| CARBOHYDRATES | 4.1g (per 100g) |
| FIBER | 2.5g (per 100g) |

David Janitzek Diets
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Detailed Nutrient List
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| | |
|----------------------------------|---------|
| FAT | 1.8 g |
| CARBOHYDRATE | 4.1 g |
| FIBER | 2.5 g |
| SODIUM | 1200 mg |
| VITAMIN C (ASCORBIC ACID) | 12 mg |
| POTASSIUM | 200 mg |
| CALCIUM | 30 mg |
| IRON | 1.2 mg |
| VITAMIN B6 (PYRIDOXINE) | 0.15 mg |
| MAGNESIUM | 15 mg |
| FATTY SATURATED | 0.3 g |
| SUGAR | 1.2 g |
| WATER | 85 g |
| VITAMIN K | 2.5 µg |
| CHOLESTEROL | 0 mg |
| FATTY TRANS | 0 g |
| ASH | 6 g |
| VITAMIN A | 50 µg |
| VITAMIN E | 1.2 mg |
| FATTY MONOUNSATURATED | 1 g |
| FATTY POLYUNSATURATED | 0.5 g |
| SALT | 3 g |
| OMEGA 3 | 0.05 g |

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