



**PARIS GOURMET**  
Specialty Food Importer



<b>Item Number</b>
SPI310

### Fennel Seeds Pilar

A sharp, aromatic spice with the sweet, herbaceous, licorice-like flavor of anise.

#### Ingredients List:

Fennel Seeds

Country of Origin: USA
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<b>NUTRITION FACTS</b>		
3 Servings Per Container		
Serving Size 100 g		
Amount per serving		
<b>Calories</b>		<b>345</b>
	% Daily Value*	
<b>Total Fat</b>	15 g	19%
Saturated Fat	1 g	5%
<i>Trans Fat</i>	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	88 mg	4%
<b>Total Carbs</b>	52 g	17%
Dietary Fiber	40 g	143%
Total Sugars	0 g	
Includes 0g added sugars		
<b>Protein</b>	16 g	32%
Vitamin A	135 mcg	3%
Vitamin C	21 mcg	23%
Vitamin D	0 mcg	0%
Calcium	1196 mg	92%
Iron	19 mg	106%
Potassium	1694 mg	36%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.

<b>Usage</b>
<b>Applications</b>
<b>Directions</b>
<b>Handling</b>
<b>Storage</b>
Dry and cool (68- 72°F, 20- 22°C)
<b>After Opening</b>
Protect from Heat;Protect From Light;Store at Room

**Paris Gourmet of New York**  
145 Grand Street  
Carlstadt, NJ 07072  
1-800-PASTRY-1  
[www.ParisGourmet.com](http://www.ParisGourmet.com)  
Information subject to change without notice.



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Unit Information	
Packaging	Sealed Cello Bag in a Decorative Tin
Unit Weight Format	Fixed
Net Weight	12 oz.
Gross Weight	22 oz.
Dimensions (L x W x H, Inches)	3.5 x 3.5 x 8
Cube	0.05671

Case Information	
Units Per Case	6
Net Weight (Lb.)	4.5
Gross Weight (Lb.)	8.3
Dimensions (L x W x H, Inches)	11 x 7.5 x 8.5
Cube	0.40582

Palletization	
Cases per Layer	10
Layers per Pallet	5
Cases per Pallet	50

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Product Certifications			
Certified Kosher		Gluten Free	✓
Certified Organic		GMO Free	
Trans Fat Free	✓	Certified Vegan	
Vegetarian	✓	DOA	
AOC		Fair Trade	

Allergen Information			
<small>(Check mark indicates the presence of that allergen and a blank box indicates NO allergen. Please call for further verification.)</small>			
Wheat, rye, barley, oats		Nuts and their products	
Crustacea and their products		Peanuts and their products	
Egg and egg products		Soybeans and their products	
Fish and fish products		Royal Jelly	
Milk and milk products		Bee pollen	
Sesame Seeds and their products		Propolis	

Dates	
Format	US
On Unit	✓
On Case	
Type	Best Before
Notes	

UPC Case Barcode

UPC Unit Barcode



EAN Barcode