



Nutrition Facts	
Serving Size 1/2 ounce (1 Tbs or 14 g)	
Servings Per Container 24	
Amount Per Serving	
Calories 58	Calories from Fat 24
	%Daily Value
Total Fat 3 g	4 %
Saturated Fat 0.3 g	2 %
Monounsaturated Fat 0.9 g	
Trans Fat 0 g	
Polyunsaturated Fat 1.3 g	
Cholesterol 3 mg	1 %
Sodium 0 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	13 %
Protein 3 g	6 %
Source of Vitamin E & Iron	
Vitamin A and C not detected	

Camelina seed is gelatinous when mixed with liquid. Add this seed to any dish (similar to chia or flax) for: texture; egg substitute in baking; a great source of iron, Omega 3's, essential amino acids, and vitamin E.

Camelina seeds have been used as a human food for several millennia. These seeds were grown in the Northwestern United States (Washington & Montana). Check out our website for more information about the farms producing this seed as well as recipe ideas.