



Nutrition Information Resource

The nutrition information on our spice packaging must comply with government regulations. It is required on all Sleeve, PowerPak and Booklet packages. This document contains the nutrition charts for virtually all of the spices we offer. If you cannot find the spice you need, please contact us at info@LeTourdeSpice.com.

- Just **Cut and paste** the information for the spice(s) you are buying from this document to your artwork file.
- You must **type in the contents/size you ordered and the expiry date** (current date + years of shelf life).
- The location on the package is indicated on our die lines, downloaded at LeTourdeSpice.com.

PAGE DOWN OR USE THE **SEARCH** FIELD TO FIND THE SPICE YOU NEED.

TURMERIC

Contents: X grams

Ingredients: Turmeric

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Country of Origin: India

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

SUMAC

Contents: X grams

Ingredients: Sumac, salt, vegetable oil

Shelf Life: 2 Years

Expiry: X

Handling/Storage: Store in a cool, dry place

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Country of Origin: Turkey

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

MUSHROOM POWDER

Contents: X

Ingredients: Portabella mushrooms

Basic Preparation: Ready to use as is.

Handling / Storage: Store in a cool, dry place.

Shelf Life: 2 Years

Expiry Date: X

Country of Origin: China

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Allergen Information: None Specified

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

MAPLE SYRUP POWDER

Contents: X grams

Basic Preparation: Ready to use as is.

Ingredients: Maple syrup powder.

Handling / Storage: Store in a cool, dry place.

Shelf life: 2 years

Expiry: X

Qualities: All Natural, Gluten-Free, Kosher Parve,
Non-GMO

Country of Origin: Canada

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

FENUGREEK POWDER

Contents: X grams

Ingredients: Fenugreek.

Basic Preparation: Ready to use as is.

Handling/Storage: To be stored in a cool, dry place.

Shelf Life: 2 Years

Expiry: X

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Country of Origin: India

Allergen Information: None Specified

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

GREEN MANGO POWDER

Contents: X grams

Ingredients: Mangoes and wheat fiber (as anti-caking agent)

Basic Preparation: Ready to use as is.

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Qualities: All Natural, Kosher Parve, Non-GMO

Country of Origin: India

Dietary Notes: Contains gluten

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

BLACK HAWAIIAN SEA SALT

Contents: X grams

Ingredients: Sea salt, alaea (baked Hawaiian clay)

Handling/Storage: Store in a cool, dry place

Qualities: All Natural, Gluten-Free, Kosher Parve,
Non-GMO

Shelf Life: 4 Years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc.

Waterloo, ON, Canada

MULLED SPICES

Contents: X grams

Ingredients Cassia bark, Korintje cinnamon, Jamaican allspice, hand picked cloves, and fine cracked nutmeg.

Shelf Life: 3 years

Expiry: X

Handling / Storage: Store in a cool, dry place.

Country of Origin: United States

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Allergen Information: None Specified

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

ZA'ATAR

Contents: Xg

Ingredients: Cinnamon, cumin, coriander, cardamom, nutmeg, cloves, black peppercorns and paprika.

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size: 17g

Servings Per

Container: 1

Amount Per Serving

Calories 9

Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium .6g	.020%
Total Carbohydrate 6g	1%
Dietary Fiber 1g	3%
Sugars .4g	.8%
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

WORLD TOUR BBQ RUB

Contents: Xg

Ingredients: Sumac, Turmeric, Onion Powder, Smoked Paprika, Pepper, Aji Panca, Garlic powder, Salt, Sugar

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size: 1 tbsp (5g)

Servings Per

Container: 3

Amount Per Serving

Calories 10

Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein <1g	
Vitamin A	0%
Calcium	0%
Iron	0%
Potassium	0%
Zinc	0%

COCOA POWDER

Contents: Xg

Ingredients: Cocoa (processed with alkali)

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

CINNAMON

Contents: X grams

Ingredients: Cinnamon

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: Sri Lanka

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

LEMONGRASS

Contents: X grams

Ingredients: Lemongrass

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Country of Origin: India

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

BEET ROOT POWDER

Contents: X grams

Ingredients: Beet root powder

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

SPECIAL PRECAUTIONS & WARNINGS:

Pregnancy and breast-feeding: It's not known whether it's safe to use beet in larger medicinal amounts during pregnancy or breast-feeding.

Kidney disease: Eating too many beets might make kidney disease worse.

GINGER

Contents: X grams

Ingredients: Dried Ginger

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: India

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

NUTMEG

Contents: X grams

Ingredients: Nutmeg

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: 10/22

Country of Origin: India

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

PINK PEPPERCORNS

Contents: X grams

Ingredients: Organic Pink Whole Peppercorn

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: Brazil

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

SAFETY WARNING

This product is a member of the cashew family and may cause an allergic reaction in those with tree nut allergies. We recommend that you consult with a qualified healthcare practitioner before using any herbal products, particularly if you are pregnant, nursing, or on any medications.

FLEUR DE SEL

Contents: X grams

Ingredients: Unrefined sea salt

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: x

Country of Origin: France

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

BLACK PEPPERCORN

Contents: X grams

Ingredients: Black Peppercorn

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: Vietnam

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

Nutrition Facts

Serving Size:
1/4 tsp (1.2 g)

Amount Per Serving

Calories 0
Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 460g	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	.8%
Protein <1g	
Vitamin A	0%
Calcium	0%
Iron	0%
Potassium	0%
Zinc	0%

HIMALAYAN PINK SALT

Contents: Xg

Ingredients: Himalayan pink salt, potassium iodid

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: Pakistan

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:

1/4 tsp (1.2 g)

Amount Per Serving**Calories** 0**Calories from Fat** 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 460g	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	.8%
Protein <1g	
Vitamin A	0%
Calcium	0%
Iron	0%
Potassium	0%
Zinc	0%

PUMPKIN SPICE

Contents: Xg

Ingredients: Sugar, brown sugar, molasses powder (maltodextrin), spices, caramel, manufacturing aids (silicone dioxide, canola oil)d

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:
1/4 tsp (1.2 g)

Amount Per Serving

Calories 0
Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 460g	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	.8%
Protein <1g	
Vitamin A	0%
Calcium	0%
Iron	0%
Potassium	0%
Zinc	0%

POULTRY RUB

Contents: Xg

Ingredients: Spices, salt, granulated honey (sugar, honey), granulated onion, granulated garlic, granulated lemon peel and crushed red pepper. Contains mustard.

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:
1 tsp (3 g)

Amount Per Serving

Calories 10
Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat .5g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 240g	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein <1g	
Vitamin A	6%
Calcium	0%
Iron	0%
Potassium	0%
Zinc	0%

TACO SEASONING

Contents: Xg

Ingredients: Food starch-modified, salt, spices, paprika, chile powder, dehydrated onion, and garlic powder. Contains mustard.

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:

5g

Servings Per

Container: 5

Amount Per Serving

Calories 9

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 544g **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1.4g **1%**

Protein 0g

Vitamin D 1.1mg **0%**

Calcium .6mg **1%**

Potasium 56mg **1%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

JERK SEASONING

Contents: Xg

Ingredients: Spices, onions, salt, paprika, sugar, crushed red pepper, and canola oil.

Handling/Storage: Store in a cool, dry place

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:
1 tbsp (9.7 g)

Amount Per Serving

Calories 32
Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0.9g	3%
Sugars 0.2g	0%
Protein 1.6g	3%
Vitamin B-6	0%
Magnesium	0%
Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

GARLIC POWDER

Contents: Xg

Ingredients: Garlic Powder

Contains mustard.

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:

5g

Servings Per

Container: 6

Amount Per Serving

Calories 9

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 523g **15%**

Total Carbohydrate 2.4g **2%**

Dietary Fiber **0%**

Sugars .13g **0%**

Protein 0g

Vitamin D **0%**

Calcium 1.4mg **2%**

Potassium 23mg **1%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

SEAFOOD SEASONING

Contents: Xg

Ingredients: Salt, spices, paprika, granulated garlic, granulated lemon peel, onion powder, mustard powder, may contain 2% or less of red pepper, citric acid, sugar and FD&C yellow #5

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

Nutrition Facts

Serving Size:

5g

Servings Per

Container: 4

Amount Per Serving

Calories 5.6

Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 89mg	2%
Total Carbohydrate 1.4g	1%
Dietary Fiber	0%
Sugars .3g	0%
Protein 0g	
Vitamin D	0%
Calcium 14.4mg	3%
Potassium 1.4mg	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

MEDITERRANEAN SPICE BLEND

Contents: Xg

Ingredients: Spices, garlic, onion, chile peppers, salt, granulated lemon peel and bell peppers. Contains mustard

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

AMCHUR

Contents: X grams

Ingredients: Mangoes and wheat fiber (as anti-caking agent)

Qualities: All Natural, Kosher Parve, Non-GMO, contains Gluten

Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

Expiry: X

Country of Origin: India

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

Nutrition Facts

Serving Size:
5.5g

Servings Per Container: 4

Amount Per Serving

Calories 15
Calories from Fat 4.3

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 2.4mg	0%
Potassium 84mg	2%
Total Carbohydrate 3.4g	1%
Dietary Fiber 2.1g	8%
Sugars 0.2g	0%
Protein 0.6g	
Vitamin A	12%
Vitamin C	3.6%
Calcium	6.4%
Iron	15%

ITALIAN SEASONING

Contents: 22g

Ingredients: dried basil, dried oregano, dried rosemary, dried marjoram, dried savory, red pepper flake, thyme

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf life: 2 years

Expiry: X

Country of Origin: United States

Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

AJI PANCA

Contents: X grams

Ingredients: Aji Panca Chiles

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Handling/Storage: Store in a cool, dry place

Shelf Life: 3 Years

Expiry: X

Country of Origin: Peru

Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada