

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 Cluton From Kocher Par

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

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO Country of Origin: India

SUMAC

Contents: X grams Ingredients: Sumac, salt, vegetable oil

Shelf Life: 2 Years

2 Years

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

Expiry: X
Handling/Storage: Store in a cool, dry place

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO Country of Origin: Turkey

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

Country of Origin: Canada

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

Non-GMO

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

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

BI ACK HAWAIIAN SFA SAIT Contents: X grams

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

Ingredients: Sea salt, alaea (baked Hawaiian clay) Handling/Storage: Store in a cool, dry place Oualities: All Natural, Gluten-Free, Kosher Parve,

Non-GMO

Shelf Life: 4 Years

Expiry: X Country of Origin: United States

MULLED SPICES

Shelf Life: 3 years Expiry: X

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

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

*Percent Daily Values are based

on a 2,000 calorie diet. Your Daily

depending on your calorie needs. Iron

Values may be higer or lower

Serving Size: 1/9
Servings Per
Container: 1

Amount Per Serving
Calories 9
Calories from Fat 0

Cholestrol or
Sodium .6g
Total Carboh
Dietary Fibe
Sugars .4g
Protein 1g
Vitamin A

Vitamin C

Calcium

Total Fat 0g 0% 0% Saturated Fat 0g Trans Fat 0q Cholestrol 0ma 0% .020% Total Carbohydrate 6q 1% Dietary Fiber 1a 3% .8% 0%

% Daily Value*

0%

0%

0%

WORLD TOUR BBQ RUB

Contents: Xq

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

Mutuition	% Daily Va	alue*
Nutrition	Total Fat .5g	1%
Facts	Saturated Fat 0g	0%
	Trans Fat 0g	
Serving Size: 1 tbsp (5g)	Cholestrol 0g	0%
Servings Per	Sodium 0g	0%
Container: 3	Total Carbohydrate 3g	1%
	Dietary Fiber 0g	0%
Amount Per Serving	Total Sugars 0g	0%
Calories 10	Protein <1g	
Calories from Fat 0	Vitamin A	0%
*Percent Daily Values are based	Calcium	0%
on a 2,000 calorie diet. Your Daily		0%
Values may be higer or lower	Potassium	0%
depending on your calorie needs.	Zinc	0%

COCOA POWDER

Contents: Xa

Ingredients: Cocoa (processed with alkali)

Handling/Storage: Store in a cool, dry place Shelf life: 2 years

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

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

Expiry: X Country of Origin: United States

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

Country of Origin: India

Ingredients: Lemongrass Handling/Storage: Store in a cool, dry place

Shelf Life: 2 Years

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

Expiry: X Oualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

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	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.
Expiry: X	
Country of Origin: United States	

BEET ROOT POWDER

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

SPECIAL PRECAUTIONS & WARNINGS:

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

Expiry: 10/22

Ingredients: Nutmeg Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO Handling/Storage: Store in a cool, dry place Shelf Life: 2 Years

Country of Origin: India Imported by: Le Tour de Spice Inc., Waterloo, ON, Canada

Contents: X grams Ingredients: Organic Pink Whole Peppercorn Oualities: 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

PINK PEPPERCORNS

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

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

N	ut	ri	ti	0	ľ
F	ac	ts	5		

Serving Size: 1/4 tsp (1.2 g)

Amount Per Serving

Calories 0 Calories from Fat 0

*Percent Daily Values are based

Values may be higer or lower

on a 2,000 calorie diet. Your Daily Iron

depending on your calorie needs. Zinc

Protein <1a

Dietary Fiber 0g Total Sugars 4g

Total Fat .5a

Cholestrol 0a

Sodium 460g

Vitamin A

Potassium

Calcium

Saturated Fat 0g

Trans Fat 0a

20%

% Daily Value*

Total Carbohydrate 3q 1% 0%

1%

0%

0%

.8%

0% 0% 0%

0%

0%

Expiry: X

Country of Origin: Pakistan Imported by: Le Tour de Spice Inc. Waterloo, ON, Canada

HIMALAYAN PINK SALT

Contents: Xa

Ingredients: Himalayan pink salt, potassium iodid Oualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

Shelf life: 2 years

Handling/Storage: Store in a cool, dry place

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 Iron Values may be higer or lower depending on your calorie needs.

Saturated Fat 0g 0% Trans Fat 0q 0% Cholestrol 0q Sodium 460a 20% Total Carbohydrate 3q 1% Dietary Fiber 0q 0% Total Sugars 4g .8% Protein <1q

Total Fat .5q

Vitamin A

Potassium

Calcium

% Daily Value*

1%

0%

0%

0%

0%

0%

PUMPKIN SPICE

Contents: Xq

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

N	ut	ri	tic	n
Fa	ac'	ts	•	

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 Iron Values may be higer or lower depending on your calorie needs. Zinc

Total Fat .5a 1% Saturated Fat 0g Trans Fat 0a Cholestrol 0q Sodium 460a

Dietary Fiber 0g

Total Carbohydrate 3g Total Sugars 4g Protein <1a 0%

Vitamin A

Potassium

Calcium

0% 20% 1% 0% .8%

% Daily Value*

0%

0%

0%

0%

0%

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

POULTRY RUB Contents: Xa

Ingredients: Spices, salt, granulated honey (sugar, honey), granulated

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

onion, granulated garlic, granulated lemon peel and crushed red pepper. Contains mustard.

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 higer or lower

depending on your calorie needs. Zinc

Total Fat .5q 0% Saturated Fat 0g 0% Trans Fat 0q Cholestrol 0a 0% Sodium 240a 10% Total Carbohydrate 2a 1% Dietary Fiber 0g 0% Total Sugars 0g 0% Protein <1q 6% Vitamin A

Calcium

Potassium

Iron

% Daily Value*

Qualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO Handling/Storage: Store in a cool, dry place

0%

0%

0%

0%

Expiry: X

TACO SEASONING

Contents: Xq

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

Shelf life: 2 years

Country of Origin: United States

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

Nutrition	
Facts	

Serving Size:

Total Fat 0g 0% Saturated Fat 0g Trans Fat 0q Cholestrol 0ma 0% Sodium 544a

1% 5q Total Carbohydrate 2g 1% Servings Per Dietary Fiber 0q 0% Container: 5

Amount Per Serving

Calories 9 Calories from Fat 0

Sugars 1.4g 1% Protein 0a Vitamin D 1.1mg 0% 1% Calcium .6mg

0%

IFRK SFASONING

Contents: Xq

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

Potasium 56mg *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higer or lower depending on your calorie needs.

1%

% Daily Value*

Nutrition **Facts**

Serving Size: 1 tbsp (9.7 g)

Amount Per Serving

Calories 32 Calories from Fat 0 Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0a Cholestrol 0mg 0% Sodium 6ma

% Daily Value*

0% 0%

0% **Total Carbohydrate** 7g 2% Dietary Fiber 0.9g 3% Sugars 0.2q 0% Protein 1.6a 3% Vitamin B-6 0%

Iron

Magnesium

GARLIC POWDER

Contents: Xq Ingredients: Garlic Powder

Contains mustard

Shelf life: 2 years Expiry: X

Handling/Storage: Store in a cool, dry place

Country of Origin: United States

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

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

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

Nu	tr	ITI	0
Fac	ct	S	

Serving Size: 5g

Servings Per Container: 6

Calories 9 Calories from Fat 0

Amount Per Serving

Sugars .13g Protein 0a Vitamin D

Total Fat 0g

Saturated Fat 0g

Total Carbohydrate 2.4g

Trans Fat 0q

Dietary Fiber

Cholestrol 0mg

Sodium 523a

% Daily Value*

0%

0%

0%

2%

0%

0%

15%

0%

Calcium 1.4mg 2% 1%

SEAFOOD SEASONING

Contents: Xa

Oualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO Handling/Storage: Store in a cool, dry place

Expiry: X

Country of Origin: United States

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

Shelf life: 2 years

onion powder, mustard powder, may contain 2% or less of red pepper, citric acid, sugar and FD&C yellow #5

Ingredients: Salt, spices, paprika, granulated garlic, granulated lemon peel,

Potassium 23mg *Percent Daily Values are based on a 2.000 calorie diet. Your Daily Values may be higer or lower depending on your calorie needs.

Nutrition
Facts

Serving Size: 5q Servings Per

Amount Per Serving

Container: 4

Calories 5.6

Total Carbohydrate 1.4g 1% Dietary Fiber 0% Sugars .3q 0% Protein 0a 0% Vitamin D

Saturated Fat 0g

Trans Fat 0g

Cholestrol 0ma

Sodium 89ma

Total Fat 0g

Calcium 14.4mg 3% Potassium 1.4mg 1%

% Daily Value*

0%

0%

0%

2%

MEDITERRANEAN SPICE BLEND

Contents: Xq

Expiry: X

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

Country of Origin: United States

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

Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higer or lower depending on your calorie needs.

AMCHUR

Contents: X grams

Shelf Life: 2 Years Expiry: X

Country of Origin: India

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

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

Handling/Storage: Store in a cool, dry place

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

	% Daily Va	alue*	
Nutrition	Total Fat 0.5g	1%	ITALIAN SEASONING
	Saturated Fat 0.2g	1%	Contents: 22g
Facts	Trans Fat 0g		Ingredients: dried basil, dried oregano, drie
Serving Size:	Polyunsaturated Fat 0.1g		
5.5q	Monounsaturated Fat 0.1g		dried savory, red pepper flake, thyme
Servings Per	Cholestrol 0mg	0%	Qualities: All Natural, Gluten-Free, Kosher P
Container: 4	Sodium 2.4mg	0%	
	Potassium 84mg	2%	Handling/Storage: Store in a cool, dry place
Amount Per Serving	Total Carbohydrate 3.4g	1%	Shelf life: 2 years
Calories 15	Dietary Fiber 2.1g	8%	Expiry: X
Calories from Fat 4.3	Sugars 0.2g	0%	1 /
	Protein 0.6g		Country of Origin: United States
Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higer or lower depending on your calorie needs.	Vitamin A	12%	Imported by: Le Tour de Spice Inc. Waterloo,
	Vitamin C	3.6%	
	Calcium	6.4%	
	Iron	15%	

ITALIAN SEASONING

Contents: 22q Ingredients: dried basil, dried oregano, dried rosemary, dried marjoram,

dried savory, red pepper flake, thyme Oualities: All Natural, Gluten-Free, Kosher Parve, Non-GMO

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

AJI PANCA

Shelf Life: 3 Years Expiry: X

Country of Origin: Peru

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

Handling/Storage: Store in a cool, dry place

Ingredients: Aji Panca Chiles

Contents: X grams

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