



Dried Vegetable



**سبزی آتش (خشک)**  
**PERSIAN POTTAGE MIXED HERBS**



**Nutrition Facts**

Quantity 1 servings per container	
Serving size	1.2 OZ (35g)
Amount Per Serving	
<b>Calories</b>	<b>35</b>
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 5g	10%
Dietary Fiber 0g	0%
Total Sugar 0g	0%
Added Sugar 0g	0%
Protein 1g	2%
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0.5mg	10%
Potassium 10mg	2%



150g

FINE HERBS FOR DOLMEH  
سبزی دلمه (خشک)



سبزی دلمه (خشک)  
FINE HERBS FOR DOLMEH



**سبزی قلیه ماهی (خشک)**

**FINE HERBS FOR GHALYEH MAHI**





**سبزی کوکو (خشک)**  
**PERSIAN HERB PATTY**  
 (KOOKOO SABZI)



FRIED FINE HERBS (PERSIAN STEW)



FRIED FINE HERBS (PERSIAN STEW)

150 g

سبزی قرمه (خشک)



**Nutrition Facts**

varied (1) servings per container  
Serving size 1.2 cup (100g)  
Amount Per Serving

<b>Calories</b>	<b>190</b>
Total Fat 18g	36%
Saturated Fat 6g	12%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	30%
Total Carbohydrate 11g	22%
Dietary Fiber 4g	8%
Total Sugar 2g	4%
Sugars from Added Sugars 0g	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 20mg	4%
Iron 7.05mg	141%
Potassium 140mg	28%

\*Percent Daily Values are based on a diet of other people's secrets.



سبزی قرمه (خشک)  
FINE HERBS  
(PERSIAN STEW)



**Nutrition Facts**  
 Usually 1 servings per container  
 Serving size 1/2 cup (150g)  
 Amount Per Serving

<b>Calories</b>	<b>40</b>
Total Fat 2.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	16%
Dietary Fiber 2g	4%
Total Sugars 1g	2%
Includes Up to 100% Sugar	
Protein 0g	0%
Percent Daily Values are based on a diet of other people's secrets.	



# سبزی پلو (خشک)

MIXED HERBS FOR  
**SABZI POLO**  
 PERSIAN RICE RECIPE





**Nutrition Facts**

Amount per Serving	
1/2 cup (100g)	
% Daily Value*	
Calories	35
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	0%
Total Carbohydrate	0%
Dietary Fiber	0%
Total Sugars	0%
Includes 0g Added Sugars	0%
Protein	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Potassium	0%



گشنیز (خشک)  
CORIANDER



**Nutrition Facts**

(usually 1 servings per container)  
 Serving size 1.2 cup (100g)  
 Amount Per Serving  
**Calories** 35

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Total Fiber 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugar 0g	0%
Added Sugar 0g	0%
Protein 0g	0%
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*Percent Daily Values are based on a diet of other people's secrets.



جعفرری (خشک)  
 PARSLEY



**Nutrition Facts**

usually 1 servings per container  
 Serving size 1.2 cup (120g)  
 Amount Per Serving  
**Calories** 35

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0.03mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Total Protein 0g	0%
Protein 0g	0%
Iron 0mg	0%
Calcium 0mg	0%
Potassium 0mg	0%

\*Percent Daily Values are based on a diet of other people's secrets.



مرزه (خشک)  
 SAVORY



نعنا (خشک)  
MINT



**Nutrition Facts**

100% Natural  
 100% Halal  
 100% Pure  
 100% Safe  
 100% Healthy

Nutrition Facts	
Serving size 1.2 cup (100g)	
Amount Per Serving	
	% Daily Value
<b>Calories</b>	<b>35</b>
Total Fat 2g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 8g	16%
Dietary Fiber 2g	4%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin C 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%



شنبليله (خشك)  
 FENUGREEK



**Nutrition Facts**

usually 1 servings per container  
Serving size 1.2 cup (150g)  
Amount Per Serving

Calories	35
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Sugars by Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

% Daily Values are based on a diet of other people's secrets.



شوید (خشک)  
DILL



**Nutrition Facts**  
 Usually 1 servings per container  
 Serving size 1.2 cup (100g)  
 Amount Per Serving

	% Daily Value*
<b>Calories</b>	<b>35</b>
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	0%
Total Carbohydrate 1g	2%
Dietary Fiber 0g	0%
Dietary Sugars 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0.1g	2%
Vitamin C 0mg	0%
Calcium 0mg	0%
Iron 0.05mg	0%
Potassium 0.05mg	0%

\*Percent Daily Values are based on a diet of other people's secrets.



ترخون (خشک)  
 TARRAGON