

## Mini Nutritionals 7/2/21

### Holiday Jam

**Nutrition Facts** Servings: 6, **Serv. size: 1 Tbsp (19g),**

Amount per serving: **Calories 40**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 10g (4% DV), **Fiber** 0g (0% DV), **Total Sugars** 10g (Includes 9g Added Sugars, 18% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

### Raspberry Peach Champagne Jam

**Nutrition Facts** Servings: 6, **Serv. size: 1 Tbsp (19g),**

Amount per serving: **Calories 35**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 9g (3% DV), **Fiber** 0g (0% DV), **Total Sugars** 9g (Includes 8g Added Sugars, 16% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

### Strawberry Jam

**Nutrition Facts** Servings: 8, **Serv. size: 1 Tbsp (18g),**

Amount per serving: **Calories 35**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 9g (3% DV), **Fiber** 0g (0% DV), **Total Sugars** 8g (Includes 8g Added Sugars, 16% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

### Wild Maine Blueberry Jam

**Nutrition Facts** Servings: 6, **Serv. size: 1 Tbsp (19g),**

Amount per serving: **Calories 35**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 9g (3% DV), **Fiber** 0g (0% DV), **Total Sugars** 9g (Includes 8g Added Sugars, 16% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

### Hot Pepper Jelly

**Nutrition Facts** Servings: 6, **Serv. size: 1 Tbsp (20g),**

Amount per serving: **Calories 50**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 5mg (0% DV), **Total Carb.** 12g (4% DV), **Fiber** 0g (0% DV), **Total Sugars** 12g (Includes 12g Added Sugars, 24% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

## Red Pepper Jelly

### **Nutrition Facts** Servings: 6, **Serv. size: 1 Tbsp. (20g),**

Amount per serving: **Calories 50**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 12g (4% DV), **Fiber** 0g (0% DV), **Total Sugars** 12g (Includes 12g Added Sugars, 24% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.

## Blue Cheese Herb Mustard

### **Nutrition Facts** Servings 20, **Serv. size 1 tsp (5g),**

Amount per serving: **Calories 5**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total Sugars** 0g (Includes 0g Added Sugars, 0% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

## Horseradish Mustard

### **Nutrition Facts** Servings 20, **Serv. size 1 tsp. (5g),**

Amount per serving: **Calories 5**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 105mg (5% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total Sugars** 0g (Includes 0g Added Sugars, 0% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

## Maine Maple Champagne Mustard

### **Nutrition Facts** Servings 20, **Serv. size 1 tsp. (5g),**

Amount per serving: **Calories 10**, **Total Fat** 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 75mg (3% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total Sugars** 1g (Includes 1g Added Sugars, 2% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).