

NEED INFO ON THIS ONE

A TASTE OF TUSCANY EXTRA VIRGIN OLIVE OIL
16 OZ

Nutrition Facts	
Serving Size: 1 Tbls (15 ml) (14g)	
Servings Per Container: 7	
Amount per serving	
Calories 120	Calories from Fat 30
	% Daily Value
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 1.5g	10%
Monounsaturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts	
Serving Size: 1 Tbls (15 ml) (14g)	
Servings Per Container: 7	
Amount per serving	
Calories 120	Calories from Fat 30
	% Daily Value
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 1.5g	10%
Monounsaturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

ARTICHOKE LEMON PESTO PICCOLO
5OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 126g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 126g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

ARTICHOKE LEMON PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 126g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 126g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

ARTICHOKE LEMON PESTO
2.3 OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 11	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 12.6g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 11	
Amount per serving	
Calories 140	Calories from Fat 110
% Daily Value	
Total Fat 12.6g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

ARUGULA & PINENUT PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 240	Calories from Fat 230
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 1280mg	63%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 15%	Vitamin C 15%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 240	Calories from Fat 230
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 3.5g	17%
Cholesterol 5mg	1%
Sodium 1280mg	63%
Total Carbohydrate 2g	1%
Protein 3g	
Vitamin A 15%	Vitamin C 15%
Calcium 8%	Iron 4%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

BALSAMIC MUSTARD
6OZ CONTAINER

Nutrition Facts

Serving Size: 2 Tbls (1oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 40	Calories from Fat 5
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 2 Tbls (1oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 40	Calories from Fat 5
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

BASIL PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 250	Calories from Fat 230
% Daily Value	
Total Fat 26g	40%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 250	Calories from Fat 230
% Daily Value	
Total Fat 26g	40%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 4%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

BASIL PESTO PICCOLO
3OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 250	Calories from Fat 230
% Daily Value	
Total Fat 26g	40%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 250	Calories from Fat 230
% Daily Value	
Total Fat 26g	40%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 4%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

BLOOD ORANGE SPREAD
6OZ CONTAINER

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 100	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 4g	21%
Cholesterol 60mg	19%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 6%	Vitamin C 10%
Calcium 0%	Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 100	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 4g	21%
Cholesterol 60mg	19%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 6%	Vitamin C 10%
Calcium 0%	Iron 2%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

CARAMELIZED ONION, FENNEL & GOLDEN RAISIN ANTIPASTI
6OZ CONTAINER

Nutrition Facts

Serving Size: 1 Tbls (14g)
Servings Per Container: 12

Amount per serving	
Calories 20	Calories from Fat 5
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 1 Tbls (14g)
Servings Per Container: 12

Amount per serving	
Calories 20	Calories from Fat 5
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

CHESTNUT HONEY MUSTARD
6OZ CONTAINER

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 6	
Amount per serving	
Calories 120	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 5g	
Vitamin A 0%	Vitamin C 6%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 6	
Amount per serving	
Calories 120	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 5g	
Vitamin A 0%	Vitamin C 6%
Calcium 6%	Iron 8%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

CRANBERRY CONSERVE
6OZ CONTAINER

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 23	
Amount per serving	
Calories 20	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 10mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	1%
Dietary Fiber 0g	3%
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 23	
Amount per serving	
Calories 20	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 10mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	1%
Dietary Fiber 0g	3%
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

DIPPING CRACKERS
BOX & BAG

Nutrition Facts	
Serving Size: 11 crackers (30g)	
Servings Per Container: 4.5	
Amount per serving	
Calories 140	Calories from Fat 36
% Daily Value	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 50mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 11 crackers (30g)	
Servings Per Container: 4.5	
Amount per serving	
Calories 140	Calories from Fat 36
% Daily Value	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 50mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

DOLCI BISCOTTI
BAG

Nutrition Facts

Serving Size: 1 cookie (.5 oz)
Servings Per Container: 6

Amount per serving
Calories 31

	% Daily Value
Total Fat 6g	9%
Cholesterol 22mg	7%
Sodium 17mg	0%
Total Carbohydrate 4.9g	16%
Dietary Fiber 2g	4%
Sugars 2g	
Protein 2g	

Vitamin A 2% Vitamin C 2%
Calcium 2% Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 1 cookie (.5 oz)
Servings Per Container: 6

Amount per serving
Calories 31

	% Daily Value
Total Fat 7g	9%
Cholesterol 10mg	7%
Sodium 10mg	0%
Total Carbohydrate 10g	16%
Dietary Fiber 2g	4%
Sugars 2g	
Protein 2g	

Vitamin A 2% Vitamin C 2%
Calcium 2% Iron 2%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

DOLCI BISCOTTI
BOX

Nutrition Facts

Serving Size: 1 cookie (.5 oz)

Servings Per Container: 12

Amount per serving

Calories 31

	% Daily Value
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Total Fat 6g	9%
--------------	----

Cholesterol 22mg	7%
------------------	----

Sodium 17mg	0%
-------------	----

Total Carbohydrate 4.9g	16%
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Dietary Fiber 2g	2%
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Sugars 2g	
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Protein 2g	
------------	--

Vitamin A 2%	Vitamin C 2%
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Calcium 2%	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
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Total Fat	Less than 65g	80g
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Saturated Fat	Less than 20g	25g
---------------	---------------	-----

Cholesterol	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carbohydrate	Less than 300g	375g
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Dietary Fiber	Less than 25g	30g
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Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 1 cookie (.5 oz)

Servings Per Container: 12

Amount per serving

Calories 31

	% Daily Value
--	---------------

Total Fat 7g	9%
--------------	----

Cholesterol 10mg	7%
------------------	----

Sodium 10mg	0%
-------------	----

Total Carbohydrate 10g	16%
------------------------	-----

Dietary Fiber 2g	2%
------------------	----

Sugars 2g	
-----------	--

Protein 2g	
------------	--

Vitamin A 2%	Vitamin C 2%
--------------	--------------

Calcium 2%	Iron 2%
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Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

DOLCI CIOCOLATTI
BAG

Nutrition Facts

Serving Size: 1 cookie (.75 oz)
Servings Per Container: 8

Amount per serving

Calories 43

% Daily Value

Total Fat 3g 4%

Cholesterol 25mg 8%

Sodium 33mg 1%

Total Carbohydrate 3.7g 1%

Dietary Fiber 2g 2%

Sugars 2g

Protein 2g

Vitamin A 2% Vitamin C 2%

Calcium 2% Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate Less than 300g 375g

Dietary Fiber Less than 25g 30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 1 cookie (.75 oz)
Servings Per Container: 8

Amount per serving

Calories 31

% Daily Value

Total Fat 3g 4%

Cholesterol 25mg 8%

Sodium 33mg 1%

Total Carbohydrate 3.7g 1%

Dietary Fiber 2g 2%

Sugars 2g

Protein 2g

Vitamin A 2% Vitamin C 2%

Calcium 2% Iron 2%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

DOLCI CIOCOLATTI
BOX

Nutrition Facts	
Serving Size: 1 cookie (.75 oz)	
Servings Per Container: 16	
Amount per serving	
Calories 43	
	% Daily Value
Total Fat 3g	4%
Cholesterol 25mg	8%
Sodium 33mg	1%
Total Carbohydrate 3.7g	1%
Dietary Fiber 2g	2%
Sugars 2g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1 cookie (.75 oz)	
Servings Per Container: 16	
Amount per serving	
Calories 31	
	% Daily Value
Total Fat 3g	4%
Cholesterol 25mg	8%
Sodium 33mg	1%
Total Carbohydrate 3.7g	1%
Dietary Fiber 2g	2%
Sugars 2g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

FARMHOUSE PRESERVED LEMONS PICCOLO

Nutrition Facts	
Serving Size: 1 piece (1 oz) (30g)	
Servings Per Container: 10	
Amount per serving	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1 piece (1 oz) (30g)	
Servings Per Container: 10	
Amount per serving	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

FARMHOUSE OLIVES PICCOLO
 3.4 ML JAR | 6.5 OZ DRAINED WEIGHT

Nutrition Facts	
Serving Size: 4 piece (15g)	
Servings Per Container: 13	
Amount per serving	
Calories 30	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 4 piece (15g)	
Servings Per Container: 13	
Amount per serving	
Calories 30	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

FARMHOUSE OLIVES GRANDE
 720 ML JAR | 16.1 OZ DRAINED WEIGHT

Nutrition Facts	
Serving Size: 4 piece (15g)	
Servings Per Container: 32	
Amount per serving	
Calories 30	Calories from Fat 30
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 4 piece (15g)	
Servings Per Container: 32	
Amount per serving	
Calories 30	Calories from Fat 30
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

FARMHOUSE SUGO
2.3 OZ

Nutrition Facts	
Serving Size: 1/2 cup (125g)	
Servings Per Container: 5	
Amount per serving	
Calories 130	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1200mg	50%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 4g	
Vitamin A 15%	Vitamin C 30%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/2 cup (125g)	
Servings Per Container: 5	
Amount per serving	
Calories 130	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1200mg	50%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 4g	
Vitamin A 15%	Vitamin C 30%
Calcium 4%	Iron 10%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

KEY LIME SPREAD
6OZ CONTAINER

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 6	
Amount per serving	
Calories 90	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Cholesterol 50mg	16%
Sodium 10mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 2 Tbls (1 oz) (28g)	
Servings Per Container: 6	
Amount per serving	
Calories 90	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Cholesterol 50mg	16%
Sodium 10mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

LEMON & GARLIC MARINATED CHICKPEA ANTIPASTI
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1 Tbls (14g)	
Servings Per Container: 12	
Amount per serving	
Calories 30	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1 Tbls (14g)	
Servings Per Container: 12	
Amount per serving	
Calories 30	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

MEDITERRANEAN TANGERINE AROMATIC OIL
3.75 OZ

Nutrition Facts		
Serving Size: 1 Tbls (15 ml) (14g)		
Servings Per Container: 7		
Amount per serving		
Calories 120	Calories from Fat 30	
	% Daily Value	
Total Fat 14g		22%
Saturated Fat 2g		10%
Polyunsaturated Fat 1.5g		10%
Monounsaturated Fat 2g		10%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts		
Serving Size: 1 Tbls (15 ml) (14g)		
Servings Per Container: 7		
Amount per serving		
Calories 120	Calories from Fat 30	
	% Daily Value	
Total Fat 14g		22%
Saturated Fat 2g		10%
Polyunsaturated Fat 1.5g		10%
Monounsaturated Fat 2g		10%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

MEYER LEMON SPREAD
6OZ CONTAINER

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)

Servings Per Container: 6

Amount per serving	
Calories 80	Calories from Fat 50
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 45mg	15%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)

Servings Per Container: 6

Amount per serving	
Calories 80	Calories from Fat 50
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 45mg	15%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 0%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

OLIO SANTO CHILI PEPPER OIL
3.75 OZ

Nutrition Facts		
Serving Size: 1 Tbls (15 ml) (14g)		
Servings Per Container: 7		
Amount per serving		
Calories 120	Calories from Fat 30	
	% Daily Value	
Total Fat 14g		22%
Saturated Fat 2g		10%
Polyunsaturated Fat 1.5g		10%
Monounsaturated Fat 2g		10%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts		
Serving Size: 1 Tbls (15 ml) (14g)		
Servings Per Container: 7		
Amount per serving		
Calories 120	Calories from Fat 30	
	% Daily Value	
Total Fat 14g		22%
Saturated Fat 2g		10%
Polyunsaturated Fat 1.5g		10%
Monounsaturated Fat 2g		10%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

OLIVADA PESTO
6OZ CONTAINER

Nutrition Facts

Serving Size: 1/4 cup (2 oz) (57g)
Servings Per Container: 3

Amount per serving	
Calories 200	Calories from Fat 190
% Daily Value	
Total Fat 21g	32%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 1g	
Vitamin A 25%	Vitamin C 2%
Calcium 4%	Iron 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 1/4 cup (2 oz) (57g)
Servings Per Container: 3

Amount per serving	
Calories 200	Calories from Fat 190
% Daily Value	
Total Fat 21g	32%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 1g	
Vitamin A 25%	Vitamin C 2%
Calcium 4%	Iron 8%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

PANE RUSTICO
2.2 LB

Nutrition Facts	
Serving Size: 1 oz (30g)	
Servings Per Container: 33	
Amount per serving	
Calories 105	Calories from Fat 1
% Daily Value	
Total Fat 5g	0.12%
Saturated Fat 3g	0%
Cholesterol 45mg	0%
Sodium 15mg	1.6%
Total Carbohydrate 8g	7.5%
Dietary Fiber 0.2g	1%
Sugars 0g	
Protein 3.3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1 oz (30g)	
Servings Per Container: 33	
Amount per serving	
Calories 105	Calories from Fat 1
% Daily Value	
Total Fat 5g	0.12%
Saturated Fat 3g	0%
Cholesterol 45mg	0%
Sodium 15mg	1.6%
Total Carbohydrate 8g	7.5%
Dietary Fiber 0.2g	1%
Sugars 0g	
Protein 3.3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

PASSATA AL POMODORO ROSSO
2.4 OZ CONTAINER

Nutrition Facts		
Serving Size: 1 cup (250g)		
Servings Per Container: 3		
Amount per serving		
Calories 19	Calories from Fat 0	
% Daily Value		
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 420mg		16%
Total Carbohydrate 4.96g		2%
Dietary Fiber 0g		0%
Sugars 0g		
Protein .99g		
Vitamin A 2%	Vitamin C 2%	
Calcium 2%	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g
Calories per gram:		
Fat 9 · Carbohydrate 4 · Protein 4		

Nutrition Facts		
Serving Size: 1 cup (250g)		
Servings Per Container: 3		
Amount per serving		
Calories 19	Calories from Fat 0	
% Daily Value		
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 420mg		16%
Total Carbohydrate 4.96g		2%
Dietary Fiber 0g		0%
Sugars 0g		
Protein .99g		
Vitamin A 15%	Vitamin C 35%	
Calcium 2%	Iron 4%	
Not a significant source of trans fat, dietary fiber, and sugars.		
*Percent Daily Values are based on a 2,000 calorie diet.		

PASTA ARTIGIANALE:
 PENNONI RIGATE, BUCATINI, CORDELE & FIORI

Nutrition Facts	
Serving Size: 2 oz (56g)	
Servings Per Container: 8	
Amount per serving	
Calories 210	Calories from Fat 10
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 2 oz (56g)	
Servings Per Container: 8	
Amount per serving	
Calories 210	Calories from Fat 10
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

PORCINI & PARMESAN PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 50	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 50	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

PRESERVED LEMON CREAM
6OZ CONTAINER

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 40	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 60mg	20%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Nutrition Facts

Serving Size: 2 Tbls (1 oz) (28g)
Servings Per Container: 6

Amount per serving	
Calories 40	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 60mg	20%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%

Not a significant source of trans fat, dietary fiber, and sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

ROASTED EGGPLANT PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 70	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 6%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 70	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 6%
Calcium 2%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

SAVORY PUMPKIN PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 60	Calories from Fat 20
% Daily Value	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 5g	
Protein 1g	
Vitamin A 90%	Vitamin C 25%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 60	Calories from Fat 20
% Daily Value	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 5g	
Protein 1g	
Vitamin A 90%	Vitamin C 25%
Calcium 2%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

SICILIAN LEMON AROMATIC OIL
3.75 OZ

Nutrition Facts	
Serving Size: 1 Tbls (15 ml) (14g)	
Servings Per Container: 7	
Amount per serving	
Calories 120	Calories from Fat 30
	% Daily Value
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 1.5g	10%
Monounsaturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size: 1 Tbls (15 ml) (14g)	
Servings Per Container: 7	
Amount per serving	
Calories 120	Calories from Fat 30
	% Daily Value
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 1.5g	10%
Monounsaturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

SUGO ALL'ARRABIATA
2.3 OZ CONTAINER

Nutrition Facts		
Serving Size: 1/2 cup (125g)		
Servings Per Container: 5		
Amount per serving		
Calories 120	Calories from Fat 80	
% Daily Value		
Total Fat 9g	14%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 490mg	20%	
Total Carbohydrate 8g	3%	
Dietary Fiber 2g	9%	
Sugars 5g		
Protein 1g		
Vitamin A 15%	Vitamin C 35%	
Calcium 2%	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g
Calories per gram:		
Fat 9 · Carbohydrate 4 · Protein 4		

Nutrition Facts		
Serving Size: 1/2 cup (125g)		
Servings Per Container: 5		
Amount per serving		
Calories 120	Calories from Fat 80	
% Daily Value		
Total Fat 9g	14%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 490mg	20%	
Total Carbohydrate 8g	3%	
Dietary Fiber 2g	9%	
Sugars 5g		
Protein 1g		
Vitamin A 15%	Vitamin C 35%	
Calcium 2%	Iron 4%	
Not a significant source of trans fat, dietary fiber, and sugars.		
*Percent Daily Values are based on a 2,000 calorie diet.		

SUGO A LA PEPPERONATA
2.3 OZ CONTAINER

Nutrition Facts	
Serving Size: 1/2 cup (125g)	
Servings Per Container: 5	
Amount per serving	
Calories 70	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 10%	Vitamin C 90%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/2 cup (125g)	
Servings Per Container: 5	
Amount per serving	
Calories 70	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 10%	Vitamin C 90%
Calcium 4%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

SUNDRIED TOMATO PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 340	Calories from Fat 290
% Daily Value	
Total Fat 32g	49%
Saturated Fat 4g	21%
Cholesterol 5mg	2%
Sodium 540mg	22%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 340	Calories from Fat 290
% Daily Value	
Total Fat 32g	49%
Saturated Fat 4g	21%
Cholesterol 5mg	2%
Sodium 540mg	22%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 10%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

RED PEPPER PESTO PICCOLO
3 OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 70	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 1.5	
Amount per serving	
Calories 70	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

RED PEPPER PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 70	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 70	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

ROASTED SWEET BALSAMIC PEPPERS ANTIPASTI
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1 Tbls (14g)	
Servings Per Container: 12	
Amount per serving	
Calories 30	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 30%
Calcium 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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1 Tbls (14g)	
Servings Per Container: 12	
Amount per serving	
Calories 30	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 4g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 30%
Calcium 0%	Iron 0%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

SWEET VIDALIA ONION PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 60	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1.5g	7%
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	3%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 8%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 60	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1.5g	7%
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	3%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 8%
Calcium 10%	Iron 2%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

WALNUT SAGE PESTO
6OZ CONTAINER

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 300	Calories from Fat 260
% Daily Value	
Total Fat 29g	44%
Saturated Fat 3.5g	19%
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	
Vitamin A 4%	Vitamin C 6%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Nutrition Facts	
Serving Size: 1/4 cup (2 oz) (57g)	
Servings Per Container: 3	
Amount per serving	
Calories 300	Calories from Fat 260
% Daily Value	
Total Fat 29g	44%
Saturated Fat 3.5g	19%
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	
Vitamin A 4%	Vitamin C 6%
Calcium 15%	Iron 4%
Not a significant source of trans fat, dietary fiber, and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	