

## Chili Lime Seasoning

Nutrition Facts	
Serving Size	1 tsp
Amount Per Serving	
<b>Calories</b>	<b>11</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 66.3mg	3%
Total Carbohydrate 2.2g	1%
Dietary Fiber 0.6g	3%
Total Sugars 0.3g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.5g	1%
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 1mg	3%
Potassium 29mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. These values were calculated and therefore are approximate. For more accuracy, testing is advised.

## Chipotle Pepper

Nutrition Facts	
Serving Size	1 chile, 3g
Amount Per Serving	
<b>Calories</b>	<b>10</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 2.7mg	0%
Total Carbohydrate 2.1g	1%
Dietary Fiber 0.9g	3%
Total Sugars 1.2g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.3g	0%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	1%
Potassium 60mg	1%

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## Ghost Pepper

Nutrition Facts	
Serving Size	1 chile, 0.7g
Amount Per Serving	
<b>Calories</b>	<b>2</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0.6mg	0%
Total Carbohydrate 0.5g	0%
Dietary Fiber 0.2g	1%
Total Sugars 0.3g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.1g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 13mg	0%

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## Granulated Garlic

Nutrition Facts	
Serving Size	1 tsp
Amount Per Serving	
<b>Calories</b>	<b>12</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 1.3mg	0%
Total Carbohydrate 2.5g	1%
Dietary Fiber 0.5g	2%
Total Sugars 0.1g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.5g	1%
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 0mg	0%
Potassium 36mg	1%

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## Granulated Onion

Nutrition Facts	
Serving Size	1 tsp
Amount Per Serving	
<b>Calories</b>	<b>13</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 1.9mg	0%
Total Carbohydrate 2.8g	1%
Dietary Fiber 0.5g	2%
Total Sugars 0.2g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.4g	0%
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0mg	1%
Potassium 33mg	1%

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## Habanero Pepper

Nutrition Facts	
Serving Size	1 chile, 1g
Amount Per Serving	
<b>Calories</b>	<b>4</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0.0mg	0%
Total Carbohydrate 0.6g	0%
Dietary Fiber 0.1g	1%
Total Sugars 0.4g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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## Jalapeno Flakes

Nutrition Facts	
Serving Size	1 tsp
Amount Per Serving	
<b>Calories</b>	<b>4</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0.9mg	0%
Total Carbohydrate 0.6g	0%
Dietary Fiber 0.3g	1%
Total Sugars 0.2g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.1g	0%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 2mg	0%

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## Cayenne Pepper Powder

Nutrition Facts	
Serving Size	1 tsp
Amount Per Serving	
<b>Calories</b>	<b>9</b>
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0.8mg	0%
Total Carbohydrate 1.5g	1%
Dietary Fiber 0.7g	3%
Total Sugars 0.3g	
Added Sugars 0g	0%
Sugar Alcohol 0.0g	
Protein 0.3g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	1%
Potassium 0mg	0%

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## Mango

### Nutrition Facts

Serving size 40g (1.4 oz.)

Amount per serving

<b>Calories</b>	<b>137</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 53mg	2%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	3%
Total Sugars 27g	
Includes 15g Added Sugars	30%
Protein 0g	
Vitamin D 0%	
Calcium 23mg	2%
Iron 1%	
Potassium 2mg	0%

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## Carrots

### Nutrition Facts

Serv Size 1 oz (30g)

About 1/4 cups

Servings Varies

Calories 101

Fat Cal. 4

\*Percent Values (DV) are based on a 2,000 Calorie diet.

Amount	%DV*	Amount	%DV*
t/Servi	ng	t/Servi	ng
<b>Total Fat</b> 1g	1%	<b>Total Carb.</b> 24g	8%
Sat. Fat 0g	0%	Fiber 2g	10%
Trans. Fat 0g		Sugars 1g	5g
Cholest. 0mg	0%	Protein 2g	
Sodium 81mg	3%		

Vitamin A 131% • Vitamin C 36% • Calcium 6% • Iron 7%