

Artichoke Lemon Pesto

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 12g	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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crostata Pastry Tarts

Nutrition Facts	
Serving size 1 Tartlet Shell (5.6g)	
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1.06mg	0%
Iron 0.06mg	0%
Potassium 6.16mg	0%
*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.	

Dipping Cracker

Nutrition Facts	
Serv Size 11 crackers (30 g)	
Servings Per Container About 4.5	
Amount Per Serving	
Calories 140	Cal from Fat 36
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 1g	5%
Cholesterol 0 mg	0%
Sodium 50 mg	6%
Total Carbohydrate 21 g	7%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 4 g	
INGREDIENTS: Enriched wheat flour, canola and/or sunflower oil, water, yeast, salt.	

Lemon Cream

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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Olivada spread

Nutrition Facts	
Serving Size - 2 Tbsp (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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pane Rustico Flatbread Cracker

NUTRITION FACTS	
Serving Size: 1 oz. (30g)	
Servings Per Container: 33	
Amount Per Serving	
Calories 105	Calories from Fat 1
% Daily Value*	
Total Fat 1g	0.12%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	1.6%
Total Carbohydrate 23g	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 2000 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	300g 375g
Dietary Fiber	25g 30g

Roasted Sweet Balsamic Peppers

Nutrition Facts	
Serving Size - 1 tbsp (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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	