

# Worcestershire Sauce

<b>Nutritional Facts:</b>	
<b>Serv size: 1 tsp (5ml),</b>	
<b>Servings: 20, Amount Per</b>	
<b>Serving:</b>	
<b>Calories 5, Total Fat 0g</b>	
<b>(0% DV), Sat. Fat 0g (0%</b>	
<b>DV), Trans Fat 0g, Sodium</b>	
<b>35mg (1% DV), Total</b>	
<b>carb. 1g (0% DV), Sugars</b>	
<b>1g, Protein 0g. Percent</b>	
<b>Daily Values (DV) are</b>	
<b>based on a 2,000 calorie</b>	
<b>diet.</b>	

# Henry Bain's Famous Sauce

<b>Nutrition Facts</b>	
Serving Size 2 TBSP (29 ml)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 45</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Transfat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 10g	
<b>Protein 0g</b>	
Vitamin A 2% • Vitamin C 2%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	