

Sorghum

Nutrition Facts	
Serving Per Container: 16	
Serving Size: 1 Tbsp (15ml)	
Amount Per Serving	
Calories:	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 2.5mg	<1%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	0%
Vitamin A 0mcg	0%
Vitamin C 0mcg	0%
Calcium 40mg	4%
Iron 50mg	5%
*The % DV tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.	

Raspberry Jam

Nutrition Facts	
16 servings per container	
Serving size 1 Tablespoon (18g)	
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1 mg	0%
Potassium 0mg	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.	

Apple Butter

Nutrition Facts	
16 servings per container	
Serving size 1 Tablespoon (18g)	
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	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.	

Maple Syrup

Nutrition Facts	
Servings per container: About 8	
Serving size 2 TBSP (30mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg 0%	Calcium 30mg 2%
Iron 0mcg 0%	Potassium 90mg 2%
*The % Daily Value 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.	

Blueberry Caradamon

Nutrition Facts	
16 servings per container	
Serving size 1 Tablespoon (18g)	
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 10mg	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.	