Date: 9/4/2009
Time: 12:47 PM

ChefTec Software

Sauce for a Cause Ketchup Nutritional

Food Concepts, Inc.

Author

Categories Sauce for a Cause

Locations

Not Your Traditional Ketchup

			Prep
Yield	1	lb	**Cook**
Portion	1	oz	
Num Portions	16		**Shelf**

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 16

Amount Per Serving	
Calories 25	Calories From Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 107mg	4%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	3%
Sugars 3g	
Protein 1g	

Vitamin A	7%	Vitamin C	10%
Calcium	1%	Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Calorie
Fat Free
Low Saturated Fat
Cholesterol Free
Low Sodium
Healthy
Good Source of Vitamin C

Ingredients

Tomato Paste (tomatoes), Water, Vinegar, Sugar, Spices, Seasoning Salt (salt, sugar, spices, onion, cornstarch, garlic, oleoresin paprika, turmeric, tricalcium phosphate, natural flavor), Garlic, Mustard, Pepper, Bay Leaf