

## Sauce for a Cause Mango Mint Ketchup Nutritional

Food Concepts, Inc.

### Author

**Categories** Sauce for a Cause

# Mango Mint

### Locations

|                     |    |    |              |
|---------------------|----|----|--------------|
| <b>Yield</b>        | 1  | lb | <b>Prep</b>  |
| <b>Portion</b>      | 1  | oz | <b>Cook</b>  |
| <b>Num Portions</b> | 16 |    | <b>Shelf</b> |

| <b>Nutrition Facts</b>        |                     |
|-------------------------------|---------------------|
| Serving Size                  | 1 oz (28g)          |
| Servings Per Container        | 16                  |
| Amount Per Serving            |                     |
| <b>Calories</b> 26            | Calories From Fat 7 |
| % Daily Value                 |                     |
| <b>Total Fat</b> 1g           | 1%                  |
| Saturated Fat 0g              | 2%                  |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 2mg        | 1%                  |
| <b>Sodium</b> 3mg             | 0%                  |
| <b>Total Carbohydrates</b> 5g | 2%                  |
| Dietary Fiber 0g              | 1%                  |
| Sugars 2g                     |                     |
| <b>Protein</b> 0g             |                     |
| Vitamin A 6%                  | Vitamin C 6%        |
| Calcium 1%                    | Iron 1%             |

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

### Nutrition Descriptors

Low Calorie  
Low Fat  
Low Saturated Fat  
Low Cholesterol  
Sodium Free  
Healthy

### Ingredients

Apples (apples, water, erythorbic acid), Mangoes, Water, Shallots, Vinegar, Sugar, Mint, Lime Juice, Butter, Hot Sauce (cayenne peppers, vinegar, butter, olive oil, garlic, pepper, spices, Xanthan gum), Spices, Salt, Mango Powder, Pepper, Chile