ChefTec Software

Sauce for a Cause Mustard Nutritional

Food Concepts, Inc.

Gourmet Mustard

Author

Categories Sauce for a Cause

Locations

			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 44 Calories From Fat 11

	% Daily Value
Total Fat 1g	2%
Saturated Fat 22g	101%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	3%
Sugars 4g	
Protein 2g	

Vitamin A	0%	Vitamin C	1%
Calcium	2%	Iron	3%

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

Nutrition Descriptors

Low Fat
Cholesterol Free
Very Low Sodium

Ingredients

Vinegar, Onion, Mustard, Water, Corn Syrup, Sugar, Salt, Garlic, Spices