

## Nutrition Facts

Serving Size 2 tbsp (30g)  
Servings Per Container about 94

### Amount Per Serving

**Calories 5**      **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 1g      **0%**

**Dietary Fiber** less than 1g      **2%**

**Sugars** 0g

**Protein** 0g

**Vitamin A** 0%      •      **Vitamin C** 6%

**Calcium** 2%      •      **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: 2,000   | 2,500   |
|--------------------|-------------------|---------|
| Total Fat          | Less than 65g     | 80g     |
| Saturated Fat      | Less than 20g     | 25g     |
| Cholesterol        | Less than 300mg   | 300mg   |
| Sodium             | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g              | 375g    |
| Dietary Fiber      | 25g               | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Sauerkraut - 99oz.

06/22/2006

INGREDIENTS: Cabbage, Water, Salt, Lactic Acid.