

Nutrition Label

Mediterranean Herb Blend

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 16			
Amount Per Serving			
Calories 30		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	7140mg		298%
Total Carbohydrate	7g		2%
Dietary Fiber	1g		6%
Sugars	2g		
Protein	1g		
Vitamin A 0% • Vitamin C 4%			
Calcium 4% • Iron 4%			
* 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			