

Mustard

Nutrition Facts

Serving Size (6g)
Servings Per Container

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 85mg **4%**

Total Carbohydrate less than 1g **0%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein less than 1g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 0%**

*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 | 300 mg |
| Sodium | Less Than | | 2,400mg | 2,400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4