

Four In One Co., Inc.
 Manufacturer of Fine Food Products
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Product Name: Ketchup – 9gm

Ingredients: Tomato Concentrate (Water and Tomato Paste), Corn Syrup, Sugar, Vinegar, Salt, Natural Flavors and Spices.

Nutritional Facts			
Serving size 1 Tbsp (9 g)			
Servings per Container 1			
Amount per Serving			
Calories 9		Calories from Fat 0	
		% Daily Values	
Total Fat 0 g			0%
Saturated Fat 0 g			0%
Cholesterol 0 mg			0%
Sodium 69 mg			4%
Total Carbohydrate 2.4 g			0%
Dietary Fiber 0 g			0%
Sugars 1.8 g			
Protein 0 g			
Vitamin A 0%		Vitamin C 2%	
Calcium 0%		Iron 0%	
*Percent of Daily Values are based on a 2000 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 mg	375 mg
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4