

NUTRITIONAL FACTS

OTAMOT

16-oz Jars of Essential Tomato Sauce

Nutrition Facts

About 3.5 servings per container

Serving size 1/2 cup (125g)

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	20%
Soluble Fiber 3g	
Insoluble Fiber 3g	
Total Sugars 10g	
Includes 0g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 679mg	15%
Vitamin A 194mcg	20%
Vitamin C 9mg	10%
Vitamin E 3.75mg	25%
Vitamin K 13mcg	10%
Thiamin (Vitamin B1) 0.1mg	6%
Riboflavin (Vitamin B2) 0.1mg	6%
Niacin (Vitamin B3) 2mg	15%
Pantothenic Acid (Vitamin B5) 0.24mg	4%
Vitamin B6 0.2mg	10%
Phosphorus 67mg	6%
Magnesium 35mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic Tomato Puree (Water, Organic Tomato Paste), Organic Tomato, Organic Carrot, Organic Red Bell Pepper, Organic Sweet Potato, Organic Butternut Squash, Organic Extra Virgin Olive Oil, Organic Sweet Onion, Organic Spinach, Organic Red Beet, Organic Garlic, Salt, Organic Red Beet Powder, Organic Mushroom Powder, Organic Lemon Juice