

NUTRITIONAL FACTS

GRAHAM & ROLLINS, INC

GRAHAM & ROLLINS 10 oz Crab Dip

Nutrition Facts	
Serving Size	1/4 Cup (57g)
Amount per serving	
Calories	140
Calories from Fat	110
% Daily Value*	
Total Fat	12g 18%
Saturated Fat	7g 35%
Trans Fat	0g
Cholesterol	55mg 18%
Sodium	180mg 8%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Sugars	1g
Protein	8g
Vitamin A	10%
Calcium	6%
Vitamin C	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.

INGREDIENTS: CREAM CHEESE (Pasteurized milk and cream, cheese culture, salt, carob bean gum), CRAB MEAT (Shellfish), LEMON JUICE, WORCESTERSHIRE SAUCE (Distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovy paste [fish], natural flavor [contains soy], tamarind), HOT SAUCE (peppers, vinegar, salt, xanthan gum and benzoate of soda (to preserve freshness and flavor)), ONION