

# NUTRITIONAL FACTS

Sour Cherry Jam with Chia Seeds 9.52 OZ (270g)

## Nutrition Facts

Servings: 13, **Serv. Size: 1 Tbsp (20g)**

Amount per serving:

**Calories 30**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb** 7g (3% DV), Dietary Fiber 0g (0% DV), Total Sugars 7g (Incl. 6g Added Sugars 12% DV), **Protein** 0g, Vitamin D 0mcg (0% DV), Calcium 0mg (0% DV), Potassium 0mg (0% DV), Iron 0mg (0% DV)

\* 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:** Sour cherry, sugar, water, pectin, citric acid, chia seeds.

REFRIGERATE AFTER OPENING. **CAUTION: CONTAINS SEEDS.**

Imported and distributed by Old World Quality Foods, LLC.

Elk Grove Village, Illinois 60007. Made in Poland.

# NUTRITIONAL FACTS

Apple-Mango Jam 9.52 OZ (270g)

## Nutrition Facts

Servings: 13, **Serv. Size: 1 Tbsp (20g)**

Amount per serving:

**Calories 30**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb** 7g (3% DV), Dietary Fiber 0g (0% DV), Total Sugars 6g (Incl. 6g Added Sugars 12% DV), **Protein** 0g, Vitamin D 0mcg (0% DV), Calcium 0mg (0% DV), Potassium 0mg (0% DV), Iron 0mg (0% DV)

\* 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:** Sugar, water, apple, mango, pectin, citric acid.

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# NUTRITIONAL FACTS

## Nutrition Facts

Servings: 13, **Serv. Size: 1 Tbsp (20g)**

Amount per serving: **Calories 30,**

**Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat

0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg

(0% DV), **Total Carb** 7g (2% DV), Dietary Fiber 0g

(0% DV), Total Sugars 6g (Incl. 6g Added Sugars 12% DV),

**Protein** 0g, Vitamin D 0mcg (0% DV), Calcium 0mg

(0% DV), Potassium 0mg (0% DV), Iron 0mg (0% DV)

\* 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:** BLACK CURRANTS, SUGAR, WATER, PECTIN, CITRIC ACID.

