

# Nutrition Label

## Cajun Spice & Skillet

| Nutrition Facts                                                                                                                     |           |          |            |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|------------|
| Serving Size 1/2 oz (14g)                                                                                                           |           |          |            |
| Servings Per Container 20                                                                                                           |           |          |            |
| Amount Per Serving                                                                                                                  |           |          |            |
| <b>Calories</b> 40      Calories from Fat 10                                                                                        |           |          |            |
| % Daily Value*                                                                                                                      |           |          |            |
| <b>Total Fat</b> 1.5g                                                                                                               |           |          | <b>2%</b>  |
| Saturated Fat 0g                                                                                                                    |           |          | <b>0%</b>  |
| Trans Fat 0g                                                                                                                        |           |          |            |
| <b>Cholesterol</b> 0mg                                                                                                              |           |          | <b>0%</b>  |
| <b>Sodium</b> 390mg                                                                                                                 |           |          | <b>16%</b> |
| <b>Total Carbohydrate</b> 8g                                                                                                        |           |          | <b>3%</b>  |
| Dietary Fiber 4g                                                                                                                    |           |          | <b>15%</b> |
| Sugars 2g                                                                                                                           |           |          |            |
| <b>Protein</b> 2g                                                                                                                   |           |          |            |
| Vitamin A 90%      • Vitamin C 2%                                                                                                   |           |          |            |
| Calcium 4%      • Iron 15%                                                                                                          |           |          |            |
| * 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 | 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 g    | 375 g      |
| Dietary Fiber                                                                                                                       |           | 25 g     | 30 g       |
| Calories per gram:                                                                                                                  |           |          |            |
| Fat 9      • Carbohydrate 4      • Protein 4                                                                                        |           |          |            |