

Regal Foods
Nutrition Label
Creole Seasoning 3 Lb.

Nutrition Facts	
48 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1240mg	54%
Total Carbohydrate 16g	6%
Dietary Fiber 8g	27%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 8.4mg	45%
Potassium 360mg	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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Smoked Paprika, Garlic, Thyme, Oregano, Sea Salt, Onion, Pepper & Cayenne Pepper