

Nutrition Label

Garlic Salt

Nutrition Facts			
Serving Size 1/2 oz (14g)			
Servings Per Container 800			
Amount Per Serving			
Calories 5 Calories from Fat 0			
% Daily Value*			
Total Fat 0g 0 %			
Saturated Fat 0g 0 %			
Trans Fat 0g			
Cholesterol 0mg 0 %			
Sodium 4670mg 195 %			
Total Carbohydrate 2g 1 %			
Dietary Fiber 0g 0 %			
Sugars 0g			
Protein 0g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
* 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			