

## NUTRITIONAL INFORMATION

It's gourmet made easy. Whether you're trying something new or whipping up one of your classic culinary go-tos, our all-natural spices, seasonings, salts and mixes will transform any meal into something truly special. So sprinkle some on or stir some in for an extra kick, zip or hint of flavor. No matter what you're serving up, it's sure to be a crowd-pleaser.

BE THE CHANGE COFFEE RUB

### **Nutrition Facts**

Serving size	2g		
Serving Per Co	ntainer	40	
Amount per se	erving		
Calories 0		Calories f	rom fat 0
		%	daily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 9	5mg		4%
<b>Total Carbohy</b>	drate	0g	0%
Dietary Fibe	r 0g		1%
Sugars 0g	3		
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values m			
your calorie needs.	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol	Less than Less than Less than	1 20g	80g 25g 300mg

CALABRESE PESTO MIX

### Nutrition Facts

Serving Per Container 16		
Amount per serving		
Calories 15 Calories from	fat 0	
% daily	value*	
Total fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 60mg	3%	
Total Carbohydrate 3g	1%	
Dietary Fiber less than 1g	4%	
Sugars less than 1g		
Protein less than 1g		
Vitamin A	0%	
Vitamin C	2%	
Calcium	4%	

	1%	
g	4%	
	0%	
	2%	
	4%	
	8%	
2,000 c ver dep	alorie diet. ending on	
00	2,500	
l I Img DOmg Ig	80g 25g 300mg 2,400mg 375g 30g	

CALIFORNIA ONION

## Nutrition Facts Serving size 5g Serving Per Container 9

Amount per serving		
Ca	lories fro	om fat 0
	% d	aily value*
		0%
ıt 0g		0%
0g		
0mg		0%
ng		0%
drate 3	1	1%
	an 1g	4%
than 1g		
		8%
		8%
		4%
		4%
*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		
Less than		80a
Less than Less than Less than	20g 300mg 2,400mg 300g 25g	25g 300mg 2,400mg 375g 30g
	Caloris: Less than Less th	Calories fire  % d  at 0g 0g 0mg g g drate 3g itess than 1g than 1g  sare based on a 2,000 ce than 1g  than 1g  sare based on a 2,000 ce than 2 ce than 2 ce than 3 ce

CARRIBEAN JERK

## Nutrition Facts Serving size 2g

Serving Per Container 28		
ving		
Ca	lories fro	om fat 0
	% d	aily value*
		0%
0g		0%
0g		
0mg		0%
ng		2%
rate le	ss than	1g 0%
0g		1%
- 0		_
		0%
		0%
		0%
		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. Calories: 2,000 2,500		
ess than	65a	80g
ess than ess than ess than	20g 300mg 2,400mg 300g	25g 300mg 2,400mg 375g
	Og Og Omg mg rate le Og ob higher or alalories: ess than ess than	Calories from Section 19 Calories from Section 19 Calories from Section 19 Calories 19 Cal

CURRY

### Nutrition Facts

**CEYLON** 

Serving Per Container 23			
Amount per se	ervina		
Calories 0		Calories fro	m fat 0
		% da	ily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		- 70
Cholesterol	0mg		0%
Sodium 3	5mg		1%
Total Carbohy	drate	less than 1	g 0%
Dietary Fibe	r 0g		1 %
Sugars 0g	J		
Protein 0g			
√itamin A			0%
/itamin C			0%
Calcium			0%
ron			2%
Percent Daily Value Your Daily Values m your calorie needs.	ay be highe	er or lower depe	ending on
Total Fat	Calories:		2,500 80g
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than	20g 300mg 2,400mg 300g	25g 300mg 2,400mg 375g 30g

**CHILI SPICE** 

**CINNAMON BLEND BAKING** SPICE

**CREAMY DILL** MIX

**CURRY HOUSE** MIX

**Nutrition Facts** 

**DOWN UNDER GOURMET GRILL RUB** 

**Nutrition Facts** 

### **Nutrition Facts**

Serving Per Container	20
Amount per serving	
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate	less than 1g 0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A	2%
Vitamin C	0%

Calcium

Iron

Total Fat

Nutrit	ion	Facts
Serving size	2g	

Camina Das Ca	-401-0-	00	
Serving Per Co	intainer	23	
Amount per se	erving		
Calories 0		Calories	from fat 0
		9	% daily value*
Total fat 0g			0 %
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
	mg		0%
Total Carbohy	drate	0g	0%
Dietary Fibe	r less	than 1g	3%
Sugars 0g	]		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			0%
*Percent Daily Value Your Daily Values m your calorie needs.			
your calone needs.	Calories:	2,000	2,500
Total Fat	Less that	n 65a	804

Nutrition	<b>Facts</b>
Serving size 5g	
Serving Per Container 16	

Amount per se	erving	•	
Calories 15		Calories fro	om fat 0
•		% d	aily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0	mg		0%
Total Carbohy	drate	3g	1%
Dietary Fibe	r 0g		1%
Sugars 1g	3		
Protein less	than 1g		
/itamin A			2%
/itamin C			6%
Calcium			2%
ron			4%
Percent Daily Values are based on a 2,000 calorie diet. four Daily Values may be higher or lower depending on our calorie needs.			
	Calories:	2,000	2,500
otal Fat Sat Fat Cholesterol Sodium otal Carbohydrate	Less than Less than Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g

Serving size 5	9
Serving Per Containe	r 16
Amount per serving	
Calories 10	Calories from fat 0
	% daily value*
Total fat 0g	1%
Saturated Fat 0	9 0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate	2g 1%
Dietary Fiber 0g	1%
Sugars less than	n 1g
Protein less than 1	g
Vitamin A	4%
Vitamin C	4%
Calcium	2%
Iron	4%
*Dercent Deily Volume are be	and an a 2 000 salaria diat

Serving size Serving Per Co	2g ntainer	1 1 U	ClS
Octving t ct oo	intuiriei	20	
Amount per se	erving		
Calories 0		Calories for	rom fat 0
		%	daily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 3	70mg		15%
Total Carbohy	drate	0g	0%
Dietary Fiber	r 0g		1%
Sugars 0g	ı		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values mayour calorie needs.	s are base ay be high	er or lower de	pending on
l -	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	20g	80g 25g 300mg 2,400mg 375g 30g

**FAJITA SPICE** 

\*Percent Daily Values are based on a 2,000 calorie diel Your Daily Values may be higher or lower depending or your calorie needs.

**GARLIC** MIX

**GUACAMOLE** MIX

**GYRO** SPICE

Total Fat

2,000 2,500

65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

HIMALAYAN **SALT & PEPPER** 

### **Nutrition Facts**

2.000 2,500

65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

2%

Serving size	2g		
Serving Per Co	ntainer	25	
Amount per se	rving		
Calories 0		Calories fro	m fat 0
		% da	ily value*
Total fat 0g			0%
Saturated Fa	ıt 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 60	)mg		3%
Total Carbohyo	drate	less than 1	g <b>0</b> %
Dietary Fiber	· 0g		1%
Sugars 0g			
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values ma your calorie needs.	s are bas ay be high	er or lower dep	ending on
,	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	1 20g 1 300mg	80g 25g 300mg 2,400mg 375g 30g

#### **Nutrition Facts**

Serving size 5	
Serving Per Containe	r 16
Amount per serving	
Calories 15	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat 0	g <b>0</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate	3g 1%
Dietary Fiber les	s than 1g 4%
Sugars less that	n 1g
Protein less than 1	g
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	8%
*Percent Daily Values are ba Your Daily Values may be hi your calorie needs.	gher or lower depending on
Total Fat Less th Sat Fat Less th Cholesterol Less th Sodium Less th Total Carbohydrate Dietary Fiber	an 65g 80g an 20g 25g an 300mg 300mg

### **Nutrition Facts**

Serving Per Co	ontainer	14	
Amount per se	erving		
Calories 10		Calories fr	om fat 0
		% c	laily value*
Total fat 0g			0%
Saturated F	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 3	5mg		2%
Total Carbohy	drate	2g	1%
Dietary Fibe	r 0g		1%
Sugars le	ss than	1g	
Protein less	than 1g		
Vitamin A			2%
Vitamin C			2%
Calcium			2%
Iron			4%
*Percent Daily Values m Your Daily Values m your calorie needs.			pending on
,	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate	Less than Less than Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g

### **Nutrition Facts**

Serving size	2g		
Serving Per Co	ntainer	15	
Amount per se	erving		
Calories 0		Calories fi	rom fat 0
		%	daily value*
Total fat 0g			0%
Saturated Fa	at Og	1	0%
Trans Fat	0g		
Cholesterol	0mg		0%
	mg		0%
Total Carbohy	drate	less than	
Dietary Fibe	r 0g		1%
Sugars 0g	3		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.	ay be high	ner or lower de	pending on
Total Fat	Calories Less tha		2,500 80a
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less tha Less tha Less tha	n 300mg	25g 300ma

Nutrit Serving size	ion	Facts

Serving size Serving Per Co	1g Intainer		
Corving Coroc	ritairioi		
Amount per se	erving		
Calories 0		Calories f	rom fat 0
		%	daily value
Total fat 0g			0 %
Saturated Fa	at 0g	1	0%
Trans Fat	0g		
Cholesterol	0mg		0 %
Sodium 2	80mg		12 %
Total Carbohy	drate	0g	0 %
Dietary Fibe	r 0g		0%
Sugars 0g	1		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%
*Percent Daily Values m Your Daily Values m your calorie needs.			
•	Calories		2,500
Total Fat	Less tha		80g 25g 300mg

ITALIAN PINZIMONIO **OLIVE OIL MIX** 

**Nutrition Facts** 

1%

0%

14% 5%

2%

2%

6% 10%

Serving size 5g Serving Per Container 14 Amount per serving Calories 10 Total fat 0g Saturated Fat 0g

Trans Fat 0g Cholesterol

Sodium 340mg
Total Carbohydrate

Vitamin C

Calcium

Total Fat

Dietary Fiber 1g Sugars 0g Protein 0g Vitamin A

0mg

## **CURRY MIX**

Nutrition Serving size 5g	racts
Serving size 5g	
Serving Per Container 22	

**JAPANESE** 

Serving Per Co	ntainer	22	
Amount per se	erving		
Calories 10		Calories fr	om fat 0
		% c	laily value*
Total fat 0g			0 %
Saturated Fa	at 0g		0 %
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0	mg		0%
Total Carbohy	drate	3g	1%
Dietary Fibe	r 0g		2%
Sugars le	ss than	1g	
Protein less	than 1g		
Vitamin A			4%
Vitamin C			2%
Calcium			2%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
Total Fat	Calories:	2,000	2,500
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

**KERALA FRIED RICE** 

Nutrit	ion	Fa	cte
Servina size	1011 2g	ı a	513
Serving Size Serving Per Co		2	
derving i ci da	illallici z	.0	
Amount per se	erving		
Calories 0		Calories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
	5mg		1%
Total Carbohy	drate	less than	
Dietary Fibe	r 0g		1%
Sugars 0g	1		
Protein 0g			
Vitamin A			2%
Vitamin C			2%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m			
your calorie needs.	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

LOW N SLOW **BBQ SPICE** 

**MADRAS SPICE** 

# Nutrition Facts Serving Size 2g Serving Per Container 20

	erving		
Calories 0		Calories fr	om fat
			aily value
Total fat 0g			0%
Saturated F	at 0g		0 %
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 9	90mg		49
Total Carbohy	drate	0g	0 %
Dietary Fibe	er Og		19
Sugars 0	g		
Protein 0g			
Vitamin A			29
Vitamin C			0%
Calcium			09
Iron			29
*Percent Daily Valu Your Daily Values n			calorie die
your calorie needs.		65g	80a

Nutrit Serving size Serving Per Co	2g	_	cts
Amount per se	ervina		
Calories 0	J. Tg	Calories	from fat 0
			daily value*
Total fat 0g			0 %
Saturated Fa	at 0g		0%
Trans Fat	0g		- 70
Cholesterol	0mg		0%
Sodium 2	5mg		1%
Total Carbohy	drate	0q	0%
Dietary Fibe	r Og		0%
Sugars 0g			
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	es are bas ay be high Calories:	ed on a 2,00 ner or lower of 2,000	0 calorie diet depending on 2.500
Total Fat	Less that	n 65a	80g
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that	n 20g n 300mg	25g 300ma

**MONTREAL STEAK RUB**  **NEW ENGLAND SEAFOOD RUB** 

Nutrition Facts

Calories from fat 0

65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg

Serving size 2g Serving Per Container 25

Amount per serving

Calories 0

Total Fat

Sat Fat Cholesterol Sodium Total Carbohy Dietary Fibe

**NUTMEG BLEND BAKING SPICE** 

ONION GARLIC RUB

NI - 4 - 14! - --

**PASTA** SPICE

**Nutrition Facts** 

Calories from fat 0

0%

0%

0% 1%

0% 1%

0%

0%

2%

4%

2,000 2,500

65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g

Serving size 2g Serving Per Container 10

Saturated Fat 0g

Trans Fat 0g Cholesterol Omg Sodium 30mg

Total Carbohydrate

Vitamin A Vitamin C

Calcium

Iron

Total Fat

Dietary Fiber 0g Sugars 0g Protein 0g

Amount per serving

Calories 0 Total fat 0g

#### **Nutrition Facts**

Jei vii ig size	<u>-y</u>
Serving Per Contain	er 25
Amount per serving	g
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat	0g 0%
Trans Fat 0g	
Cholesterol 0mg	g <b>0</b> %
Sodium 290mg	12%
Total Carbobydrata	0.00

Sodium 290n	ng		129
Total Carbohydra	te	0g	0%
Dietary Fiber	0g		19
Sugars 0g			
Protein 0g			
Vitamin A			09
Vitamin C			09
Calcium			0%
Iron			0%
*Percent Daily Values are	base	ed on a 2	,000 calorie die

vour calorie needs.		or rower det	rending c
,	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400m 375g
Dietally Fibel		25g	30g

	% daily value
Total fat 0g	0 9
Saturated Fat 0	9 09
Trans Fat 0g	
Cholesterol 0mg	0 9
Sodium 30mg	19
<b>Total Carbohydrate</b>	0g <b>0</b> %
Dietary Fiber 0g	19
Sugars 0g	
Protein 0g	
Vitamin A	2%
Vitamin C	0 %
Calcium	0 %
Iron	29

Nutriti	on	F	acts	;
Serving size	2g			
Serving Per Conta	ainer 23	3		

Serving Per Contain	er 23
Amount per servin	g
Calories 0	Calories from fat 0
	% daily value
Total fat 0g	0%
Saturated Fat	0g <b>1</b> %
Trans Fat 0g	
Cholesterol 0mg	g <b>0</b> %
Sodium 0mg	0%
Total Carbohydrate	e 0g <b>0</b> %
Dietary Fiber le	ss than 1g 3%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	2%
Your Daily Values may be h	pased on a 2,000 calorie die higher or lower depending or
Calori	es: 2 000 2 500

	n Facts
Serving Per Contain	
Amount per serving	
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat (	0g <b>0</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate	less than 1g 0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%

Dietary Fibe	r 0g	1%
Sugars 0	3	
Protein 0g		
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%
*Percent Daily Values m		

20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less t Less t Less t
			SA

**PIZZA SPICE**  **POMODORO BASIL MIX** 

Less than Less than

**ROAST** RUB

Less than Less than Less than

**TAY SPICE** 

### **Nutrition Facts**

Serving size 2g Serving Per Container 13

Amount per se	rving		
Calories 0		Calories fron	n fat 0
		% dail	y value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0	mg		0%
Total Carbohy	drate	less than 1g	0%
Dietary Fiber	r 0g		2%
Sugars 0g			
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			2%
*Percent Daily Value Your Daily Values mayour calorie needs.	s are bas ay be high Calories:	ner or lower deper	orie diet. nding on ,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that Less that	20g 2 n 300mg 3 n 2,400mg 2 300g 3	0g 5g 00mg ,400mg 75g

#### **Nutrition Facts**

Serving size 5g Serving Per Container 16 Amount per serving

Calories 15		Calories from fa	at 0
		% daily va	lue*
Total fat 0g			0%
Saturated F	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg	-	0%
Sodium 3	5mg		1%
Total Carbohy	drate	3g	1%
Dietary Fibe	r 0g		2%
Sugars 1	9		
Protein less	than 1g	ı	
Vitamin A			6%
Vitamin C			4%
Calcium		:	2%
Iron			4%
		ed on a 2,000 calorie ner or lower dependin	
•	Calories	2,000 2,50	ð
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less tha Less tha Less tha Less tha	n 20g 25g n 300mg 300n	0mg

### **Nutrition Facts**

Serving size 2g Serving Per Container 20

Total Fat

Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber

Amount per serving	g
Calories 0	Calories from fat
	% daily value
Total fat 0g	0%
Saturated Fat	0g <b>0</b> 9
Trans Fat 0g	
Cholesterol Omo	0 9
Sodium 140mg	69
Total Carbohydrate	less than 1g 0%
Dietary Fiber 0	g <b>1</b> %
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	49

Sat Fat Less than 20g 2	2,500
Sodium Less than 2,400mg 2 Total Carbohydrate 300g 3	80g 25g 300mg 2,400m 375g 30g

**SOUTHERN STYLE** 

#### RUB **Nutrition Facts**

**SAFARI** 

Serving size 2g Serving Per Container 25

Amount per se	erving		
Calories 0		Calories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 9	5mg		4%
Total Carbohy	drate	0g	0%
Dietary Fibe	r 0g	_	1%
Sugars 0g	1		
<b>Protein</b> 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values m Your Daily Values m your calorie needs.			
-	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	n 20g n 300mg	80g 25g 300mg 2,400mg 375g 30g

<b>SPANISH</b>	
PAELLA	

### **Nutrition Facts**

Serving size 2g Serving Per Container 25 Amount per serving Calories 5 Calories from fat 0 Total fat 0g 0% Saturated Fat 0g 0 % Trans Fat 0g 0mg 0% Cholesterol Sodium 0mg
Total Carbohydrate less than 1g 0% Dietary Fiber 0g 0% Sugars 0g Protein 0g Vitamin A 2% Vitamin C 0% Calcium 0% Iron 2% 2,500 Total Fat
Sat Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

**SEASONED** SALT

**Nutrition Facts** 

## **SEAFOOD BOIL**

Serving size 2g Serving Per Container 30

Serving Per Containe	er 160		9
Amount per serving	1		
Calories 0	Calories	from fat 0	
		% daily value*	1 1-
Total fat 0g		0%	1
Saturated Fat 0	)g	0%	
Trans Fat 0g			
Cholesterol 0mg	1	0%	
Sodium 120mg		5%	
Total Carbohydrate	0g	0%	1
Dietary Fiber 0g	)	0%	
Sugars 0g			l l_
Protein 0g			
Vitamin A		0%	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
Vitamin C		0%	
Calcium		0%	
Iron		0%	ī
*Percent Daily Values are bo Your Daily Values may be hi your calorie needs.	igher or lower	depending on	1
Total Fat Less #		2,500	

**Nutrition Facts** 

**SOUTHERN** 

Serving Fer Co	illaillei	30	
Amount per se	erving		
Calories 0		Calories fr	om fat 0
		% c	laily value*
Total fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0 %
Sodium 3	70mg		16%
Total Carbohy	drate	0g	0 %
Dietary Fibe	r 0g		1%
Sugars 0g	]		
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
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.			
,	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that Less that	n 20g n 300mg	80g 25g 300mg 2,400mg 375g 30g

**DRY RUB** 

### **Nutrition Facts**

Serving Fer C	Untaine	11 20	
Amount per s	erving	i	
Calories 0		Calorie	s from fat (
			% daily value
Total fat 0g			0%
Saturated F	at 0	)g	0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohy	drate	less th	an 1g 0%
Dietary Fibe	er Og		1%
Sugars 0	g		
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values r Your Daily Values r your calorie needs.	nay be hi		
,	Calorie		2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbon budgete	Less th Less th Less th Less th	ian 20g ian 300n	

**Nutrition Facts** 

Serving Per Container 10			
Amount per serving			
Calories 15		Calories	from fat 0
		9	6 daily value*
Total fat 0g			1%
Saturated Fa	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 7	0mg		3%
<b>Total Carbohy</b>	drate	3g	1%
Dietary Fibe	r 1g		4%
Sugars le	ss than	1g	
Protein less than 1g			
Vitamin A			25%
Vitamin C			0%
Calcium			0%
Iron			4%
*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 Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that Less that	n 65g n 20g n 300mg	80g 25g 300mg

**SPICED BEET HUMMUS MIX** 

		$\Gamma A$	CIS	
Nutrition Facts Serving size 59				
Serving Per Container 16				
j				
Amount per se	rving			
Calories 10	С	alories fro	om fat 0	
		% d	aily value*	
Total fat 0g			0%	
Saturated Fa	t 0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium On	ng		0%	
Total Carbohydrate 2g 1%				
Dietary Fiber	less th	nan 1g	2%	
Sugars les	s than 1g	)		
Protein less than 1g				
Vitamin A			10%	
Vitamin C			4 %	
Calcium			2%	
Iron			4%	
*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	
Sat Fat Cholesterol	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

SPICY CAJUN MIX TACO SPICE TAGINE SPICE TANDOORI SPICE TEX-MEX RUB

#### **Nutrition Facts**

		$\mathbf{v}$	•	•
Serving s	size	5g		
Serving I	Per Con	tainer	16	

Amount per serving	
Calories 5	Calories from fat 0
	% daily value
Total fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate	1g <b>0</b> %
Dietary Fiber less	than 1g 3%
Sugars less than '	1g
Protein less than 1g	
Vitamin A	8%
Vitamin C	0%
Calcium	2%
Iron	4%

Nutri	tion	<b>Facts</b>

Serving size 2g Serving Per Container	25
Serving Fer Container	25
Amount per serving	
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate	0g <b>0</b> %
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
l	20/

## Nutrition Facts Serving size 29

Serving Per Container 23				
	-			
Amount per se	erving			
Calories 0		Calories fro	om fat 0	
		% d	aily value*	
Total fat 0g			0%	
Saturated Fa	at 0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 2	0mg		1%	
Total Carbohy	drate	0g	0%	
Dietary Fibe	r 0g		1%	
Sugars 0g	)			
Protein 0g				
Vitamin A			2%	
Vitamin C			0%	
Calcium			2%	
Iron			4%	
*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 Sat Fat Cholesterol Sodium Total Carbohydrate	Less that Less that Less that Less that	n 20g n 300mg	80g 25g 300mg 2,400mg 375g	

Nutrition Facts
Serving size 2g
Serving Per Container 25

Amount per serving				
Calories 0		Calories fr	om fat 0	
		% (	laily value*	
Total fat 0g			0%	
Saturated Fa	at Og	ı	0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 3	0mg		1%	
Total Carbohy	drate	0g	0%	
Dietary Fibe	r 0g		1%	
Sugars 0g	,			
Protein 0g				
Vitamin A			2%	
Vitamin C			0%	
Calcium			0%	
Iron			2%	
*Percent Daily Value Your Daily Values m your calorie needs.				
	Calories	, , , , ,	2,500	
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less tha Less tha Less tha Less tha	n 20g n 300mg	80g 25g 300mg 2,400mg 375g 30g	

Nutri	tion	Fa	cte
Serving size		ı a	CLO
	2g		
Serving Per C	ontainer 2	25	
Amount per	servina		
Calories 0		Calories fro	om fat 0
		% d	aily value*
Total fat 0g	I		0%
Saturated I	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carboh	ydrate	0g	0%
Dietary Fib	er 0g		1%
Sugars (	)g		
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Val Your Daily Values your calorie needs	may be higher	on a 2,000 or or lower dep	alorie diet ending on
•	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
Total Carbohydrate	B	300g	375g

THAI MIX

Percent Daily Values are based on a 2,000 calorie diet your Daily Values may be higher or lower depending on

#### TURKEY BRINE

# MIX Nutrition Facts

**TURKISH** 

Serving size 5g Serving Per Container 16

Amount per s	erving		
Calories 10	(	Calories fi	om fat (
		%	daily value
Total fat 0g			1%
Saturated F	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 5	5mg		0%
Total Carbohy	drate	2g	1%
Dietary Fibe	er less t	than 1g	3%
Sugars le	ess than 1	g	
Protein less	than 1g		
Vitamin A			25%
Vitamin C			2%
Calcium			2%
Iron			4 %
*Percent Daily Values are based on a 2,000 calorie die Your Daily Values may be higher or lower depending o			
your calorie needs.	Calories:	2,000	2,500
Total Fat	Less than	65g	80g

#### WOK Spice

Nutrit	ion	Fa	rte
Serving size	20	ı a	
Serving Size		-	
Serving Per Co	mamer 2	)	
Amount per se	erving		
Calories 5	C	alories fro	om fat
		% d	aily valu
Total fat 0g			0
Saturated Fa	at 0g		0
Trans Fat	0g		
Cholesterol	0mg		0
Sodium 0	mg		0
Total Carbohy	drate 1	g	0
Dietary Fibe	r 0g		1
Sugars 0g	)		
Protein 0g			
Vitamin A			6
Vitamin C			2
Calcium			0
Iron			2
*Percent Daily Value Your Daily Values m your calorie needs.	s are based ay be higher	on a 2,000 o or lower dep	alorie d ending
,	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2.400n

### **Nutrition Facts**

Serving size 5g Serving Per Container 16

Amount per se	erving			
Calories 10		Calories fro	om fat 0	
		% d	aily value*	
Total fat 0g			1%	
Saturated Fa	at 0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 1	5mg		1%	
Total Carbohy	drate	2g	1%	
Dietary Fibe	r 0g		1%	
Sugars le	ss than	1g		
Protein less than 1g				
Vitamin A			4%	
Vitamin C			4%	
Calcium			2%	
Iron			4%	
*Percent Daily Values Your Daily Values m your calorie needs.				
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg	

## Nutrition Facts Serving size 29 Serving size 20 Serving size 20

Serving Per Container 30				
Amount per se	erving			
Calories 0		Calories fro	om fat 0	
		% d	aily value*	
Total fat 0g			0%	
Saturated Fa	at Og		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 3	70mg		16%	
Total Carbohy	drate	0g	0 %	
Dietary Fibe	r 0g		1%	
Sugars 0g	,			
Protein 0g				
Vitamin A			2%	
Vitamin C			0%	
Calcium			0%	
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.				
Total Fat	Calories:		2,500	
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less tha Less tha Less tha Less tha	n 20g n 300mg	80g 25g 300mg 2,400mg 375g 30g	

