# Nutritional Information for KETCHUP PKT 1000-9GM HNZ

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| **Product Number:** | 255521 |
| **Description:** | AP Ketchup, 9-Gram Pkt, Heinz |

INGREDIENTS: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

| Nutrition Information | | | |
|---|---|---|---|
| Serving Size 1 Pkg (9 g) | | | |
| **Amount Per Serving** | | | |
| **Calories 11** | | **Calories from Fat 0** | |
| | | % Daily Value | |
| **Total Fat** | **0 g** | **0%** | |
| Saturated Fat | 0 g | 0% | |
| Trans Fat | 0 g | | |
| PolyUnSat | n/a | n/a | |
| MonoUnSat | n/a | n/a | |
| **Cholesterol** | **0 mg** | **0%** | |
| **Sodium** | **85 mg** | **4%** | |
| **Potassium** | **n/a** | **n/a** | |
| **Total Carbs** | **3 g** | **1%** | |
| Dietary Fiber | 0 g | 1% | |
| Sugars | 2 g | n/a | |
| **Protein** | **0 g** | **0%** | |
| Vitamin A - | 1% | Vitamin C - | 1% |
| Calcium - | 0% | Iron - | 0% |
| Percent Daily Values are based on a 2,000 calorie diet | | | |
| Calories Per Gram: | | | |
| | Fat 9 | Carbohydrates 4 | Protein 4 |

| Serving Information | | Fat Soluble Vitamins | |
|---|---|---|---|
| | | Vitamin D | n/a |
| Meat/Meat Alternative | n/a | Vitamin D | n/a |
| Fruit/Vegetables | n/a | Vitamin E | n/a |
| Grain/Bread | n/a | Vitamin K | n/a |
| Child Nutrition Label | No | Vitamin A | 42 IU |
| | | Vitamin A | n/a |

| Water Soluble Vitamins | | Minerals | |
|---|---|---|---|
| Thiamin B1 | n/a | Phosphorus | n/a |
| Riboflavin B2 | n/a | Zinc | n/a |
| Niacin B3 | n/a | Magnesium | n/a |
| Pyridoxine B6 | n/a | Copper | n/a |
| Cobalamin B12 | n/a | Selenium | n/a |
| Pantothenic Acid | n/a | Calcium | 1 mg |
| Vitamin C | 1 mg | Iron | 0 mg |
| Folic Acid | n/a | Manganese | n/a |
| | | Iodine | n/a |