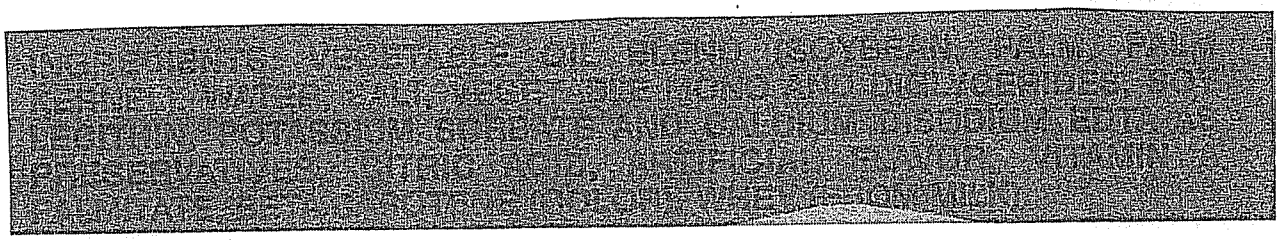
Nutritional Information for MARGARINE CUP SPRD 900-5GM CNTRYCR

Product Number:	542121
Description:	AP Margarine, Spread, Cup, Country Crock

Nutrition Facts	
Serving Size 1 each (5 g)	
Amount Per Serving	
Calories 23	**Calories from Fat 23**
	% Daily Value
Total Fat 3 g	4%
Saturated Fat 1 g	3%
Trans Fat 0 g	
PolyUnSat 1 g	n/a
MonoUnSat 1 g	n/a
Cholesterol 0 mg	**0%**
Sodium 41 mg	**2%**
Potassium 1 mg	**0%**
Total Carbs 0 g	**0%**
Dietary Fiber 0 g	0%
Sugars 0 g	n/a
Protein 0 g	**0%**
Vitamin A - 4%	Vitamin C - 0%
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	
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Bread	n/a
Child Nutrition Label	No

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	187 IU
Vitamin A	n/a

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0 mg
Folic Acid	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a