Nutritional Information for MUSTARD PKT 1000-5.5GM GFS

Product Number:	**159950**
Description:	**AP Mustard, Pkt, GFS**

Nutritional Information			
Serving Size 1 each (6 g)			
Amount Per Serving			
Calories 4		**Calories from Fat 2**	
		% Daily Value	
Total Fat	**0 g**		**0%**
Saturated Fat	0 g		0%
Trans Fat	0 g		
PolyUnSat	0 g		n/a
MonoUnSat	0 g		n/a
Cholesterol	**0 mg**		**0%**
Sodium	**62 mg**		**3%**
Potassium	**8 mg**		**0%**
Total Carbs	**0 g**		**0%**
Dietary Fiber	0 g		1%
Sugars	0 g		n/a
Protein	**0 g**		**0%**
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Simplified Values		Fat Soluble Vitamins	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	0 IU
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	7 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	5 mg
Riboflavin B2	0 mg	Zinc	0 mg
Niacin B3	0 mg	Magnesium	2 mg
Pyridoxine B6	0 mg	Copper	n/a
Cobalamin B12	0 mcg	Selenium	n/a
Pantothenic Acid	n/a	Calcium	4 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	0 mcg	Manganese	n/a
		Iodine	n/a

Ingredients:	**Vinegar, water, mustard seed, salt, turmeric & paprika. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated June 2012. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**