



**NUTRITION FACTS
SUMMER BERRY JAM**

Serving Size 1 Tablespoon (20g) ~ Servings per Container 23

Amount Per Serving

Calories	44.9	Vitamin D	0.0 %
Total Fat	0.0 g	Vitamin E	0.2 %
Saturated Fat	0.0 g	Calcium	0.2 %
PolySaturated Fat	0.0 g	Copper	0.4 %
MonoSaturated Fat	0.0 g	Folate	0.4 %
Cholesterol	0.0 mg	Iron	0.3 %
Sodium	0.2 mg	Magnesium	0.3 %
Potassium	19.8 mg	Manganese	2.5 %
Total Carbohydrate	11.5 g	Niacin	0.2 %
Dietary Fiber	0.4 g	Pantothenic Acid	0.3 %
Sugars	11.0 g	Phosphorus	0.2 %
Protein	0.1 g	Riboflavin	0.5 %
Vitamin A	0.2 %	Selenium	0.2 %
Vitamin B-12	0.0 %	Thiamin	0.2 %
Vitamin B-6	0.3 %	Zinc	0.1 %
Vitamin C	5.6 %	EXPIRES: 19 - JULY - 2013	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Strawberry, Sweet Cherry, Granulated Sugar, Blueberry, Raspberry, Blackberry, Fruit Pectin, Lemon

When opening the jar, center of the lid should pop, indicating a good seal and the food is safe. If for any reason the seal is broken, has odd odor, or product is questionable, DO NOT taste test any food you are not sure of.

Contact HomeMakingQueen@gmail.com immediately.