



NUTRITION FACTS

APPLE JACK

Serving Size 1 Tablespoon (20g) ~ Servings per Container 11.5

Amount Per Serving

Calories	43.0	Vitamin D	0.0 %
Total Fat	0.0 g	Vitamin E	0.2 %
Saturated Fat	0.0 g	Calcium	1.0 %
PolySaturated Fat	0.0 g	Copper	1.2 %
MonoSaturated Fat	0.0 g	Folate	0.1 %
Cholesterol	0.0 mg	Iron	1.0 %
Sodium	3.3 mg	Magnesium	0.7 %
Potassium	44.8 mg	Manganese	4.6 %
Total Carbohydrate	12.2 g	Niacin	0.1 %
Dietary Fiber	0.4 g	Pantothenic Acid	0.1 %
Sugars	11.2 g	Phosphorus	0.3 %
Protein	0.0 g	Riboflavin	0.2 %
Vitamin A	0.1 %	Selenium	0.3 %
Vitamin B-12	0.0 %	Thiamin	0.2 %
Vitamin B-6	0.4 %	Zinc	0.5 %
Vitamin C	3.1 %	BEST BEFORE: 29-SEP-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: Apple, Apple Cider, "Just Cranberry", Brown Sugar, Maple Syrup, Lemon, Bourbon, Water, Cinnamon, Clove, Nutmeg

CONTAINS 10% ALCOHOL CONTENT of 86 PROOF BOURBON

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.