



**NUTRITION FACTS**

**WINTER BERRY JAM ~ 2012**

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

**Amount Per Serving**

|                           |         |                                 |       |
|---------------------------|---------|---------------------------------|-------|
| <b>Calories</b>           | 29.7    | Vitamin D                       | 0.0 % |
| <b>Total Fat</b>          | 0.1 g   | Vitamin E                       | 0.3 % |
| Saturated Fat             | 0.0 g   | Calcium                         | 0.3 % |
| PolySaturated Fat         | 0.0 g   | Copper                          | 0.6 % |
| MonoSaturated Fat         | 0.0 g   | Folate                          | 0.6 % |
| <b>Cholesterol</b>        | 0.0 mg  | Iron                            | 0.4 % |
| <b>Sodium</b>             | 0.3 mg  | Magnesium                       | 0.5 % |
| <b>Potassium</b>          | 28.5 mg | Manganese                       | 3.9 % |
| <b>Total Carbohydrate</b> | 7.6 g   | Niacin                          | 0.3 % |
| Dietary Fiber             | 0.5 g   | Pantothenic Acid                | 0.5 % |
| Sugars                    | 6.8 g   | Phosphorus                      | 0.2 % |
| <b>Protein</b>            | 0.1 g   | Riboflavin                      | 0.4 % |
| Vitamin A                 | 0.3 %   | Selenium                        | 0.2 % |
| Vitamin B-12              | 0.0 %   | Thiamin                         | 0.3 % |
| Vitamin B-6               | 0.6 %   | Zinc                            | 0.2 % |
| Vitamin C                 | 6.1 %   | <b>BEST BEFORE: 11-NOV-2013</b> |       |

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:** Cranberry, Pomegranate, Blackberry, Raspberry, Strawberry, Granulated Sugar, Naval Orange, Lemon, Lime, Fruit Pectin, Molasses, Cinnamon, Clove, Nutmeg

*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.*