TURAL FOOD

PRTISAN BLENON

NUTRITIONAL INFORMATION

It's gourmet made easy. Whether you're trying something new or whipping up one of your classic culinary go-tos, our all-natural spices, seasonings, salts and mixes will transform any meal into something truly special. So sprinkle some on or stir some in for an extra kick, zip or hint of flavor. No matter what you're serving up, it's sure to be a crowd-pleaser.



BE THE CHANGE Coffee Rub

Nutritic		Fa	cts
Serving size	2g		
Serving Per Contai	ner 4	0	
American and the second			
Amount per servi	<u> </u>		
Calories 0	С	alories fr	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fat	0g		0%
Trans Fat 0g)		
Cholesterol On	ng		0%
Sodium 95mg	3		4%
Total Carbohydra	te ()g	0%
Dietary Fiber	0g		1%
Sugars 0g			
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values are Your Daily Values may be your calorie needs.	e higher	or lower dep	pending or
Calc	ories:	2,000	2,500
Sat Fat Less Cholesterol Less	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

CALABRESE Pesto Mix

Nutrit Serving size		га	615
Serving Per Co		6	
g			
Amount per se	erving		
Calories 15	С	alories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 6	0mg		3%
Total Carbohy	drate 3	ßg	1%
Dietary Fibe	r less th	nan 1g	4%
Sugars le	ss than 1g)	
Protein less	than 1g		
Vitamin A			0%
Vitamin C			2%
Calcium			4%
Iron			4 % 8 %
*Percent Daily Value Your Daily Values m	ay be higher	or lower dep	ending on
your calorie needs.	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

CALIFORNIA Onion

	ontainer 9	,	
Amount per s	onvina		
Calories 15		Calories fro	
Calories 15	(
Total fat 0g		% d	aily valu 0 °
			0
Saturated F			0
Trans Fat	0g		
Cholesterol	0mg		0
Sodium 0	mg		0
Total Carbohy	drate	3g	19
Dietary Fibe	r less	than 1g	49
Sugars 20	3		
Protein less	than 1g		
Vitamin A			8
Vitamin C			89
Calcium			40
Iron			40
*Percent Daily Value Your Daily Values m your calorie needs.	ay be highe	r or lower dep	alorie di pending o
Total Eat	Calories:	2,000	2,500
Sat Fat	Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than Less than	2,400mg	2,400
Total Carbohydrate		300a	375a

CARRIBEAN JERK

Nutrition Facts Serving Size 2g Serving Per Container 28

 Sodium
 55mg
 2%

 Total Carbohydrate
 less than 1g
 0%

 Dietary Fiber
 0g
 1%

Less than Less than Less than

Calories from fat 0 % daily value*

0%

0%

0%

0%

0% 0%

2%

a 2,000 calorie diet lower depending or 2,000 2,500

65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g

Amount per serving Calories 0

Saturated Fat 0g

 Trans Fat
 0g

 Cholesterol
 0mg

 The second s

Dietary Fiber 0g Sugars 0g Protein 0g Vitamin A

Total fat 0g

Vitamin C

Calcium Iron

*Percent Daily Your Daily Val your calorie ne

Total Fat Sat Fat Cholestero

> Total Carbohydrate Dietary Fiber

CEYLON CURRY

A			
Amount per se	•		
Calories 0		Calories f	rom fat
-		%	daily value
Total fat 0g			0 %
Saturated Fa	at Og		0 9
Trans Fat	0g		
Cholesterol	0mg		0 %
Sodium 3	5mg		19
Total Carbohy	drate	less than	1g 09
Dietary Fibe	r Og		19
Sugars 0g	J		
Protein 0g			
Vitamin A			0 %
Vitamin C			0 %
Calcium			0 9
Iron			29
*Percent Daily Value Your Daily Values m your calorie needs.	ay be highe	er or lower de	epending o
	Calories:	2,000	2,500
Total Fat	Lace than	650	
Total Fat Sat Fat Cholesterol	Less than Less than	65g 20g 300mg	80g 25g 300mg

SAVEUR NATURAL FOODS | NUTRITIONAL INFORMATION

CREAMY DILL

MIX

300g 375g 30g

CHILI SPICE

Nutrition Facts Serving size 2g Serving Per Container 20

Serving reroo	mainer	20	
Amount per se	erving		
Calories 0		Calories from	fat 0
		% daily	value*
Total fat 0g			0%
Saturated F	at Og	l	0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 1	5mg		1%
Total Carbohy	drate	less than 1g	0%
Dietary Fibe	r Og		1%
Sugars 0g	3		
Protein Og			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	es are bas ay be high	ed on a 2,000 calor her or lower depend	rie diet. ling on
	Calories:	,,	500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that Less that	n 20g 25 n 300mg 30	g Omg 100mg 5a

Nutrition Facts Serving Size 2g Serving Per Container 23
Amount per serving
Calories 0 Calories from fat 0
% daily value*
Total fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol Omg 0%
Sodium Omg 0%
Total Carbohydrate 0g 0%
Dietary Fiber less than 1g 3%
Sugars 0g
Protein 0g
Vitamin A 0%
Vitamin C 0%
Calcium 2%

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

Calories: Less than

Less than Less than Less than

GARLIC

MIX

300g 375g 30g

Iron

Total Fat

Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber

CINNAMON BLEND BAKING

SPICE

Fac	ts	Nut Serving s		ior		Fa	cts
3		Serving P	er Co	ntainer	16		
		Amount		erving			
alories fron	n fat 0	Calories	15		Calc	ories fro	om fat 0
% dail	y value*					% d	aily value*
	0%	Total fat	0g				0%
	0%	Satura	ted Fa	at Og	1		0%
		Trans	Fat	0g			
	0%	Choleste	rol	0mg			0%
	0%	Sodium	0	mg _			0%
g	0%	Total Car	bohy	drate	3g		1%
an 1g	3%	Dietary	/ Fibe	r Og			1%
		Sugars	s 1g	1			
		Protein	less	than 1g	9		
	0%	Vitamin A					2%
	0%	Vitamin C					6%
	2%	Calcium					2%
	0%	Iron					4%
on a 2,000 cal or lower deper	orie diet. nding on	*Percent Dai Your Daily Va your calorie	alues m				
	,500		leeds.	Calories		2,000	2,500
20g 2 300mg 3 2,400mg 2	0g 5g 00mg ,400mg 75a	Total Fat Sat Fat Cholesterol Sodium Total Carboh	ydrate	Less tha Less tha Less tha Less tha	n 2 n 3 n 2	5g 0g 00mg 400mg 400mg	80g 25g 300mg 2,400mg 375g

Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber

CURRY HOUSE MIX Nutrition Facts

Serving size 5g Serving Per Container 16 Amount per serving Calories 10 Calories from fat 0 % daily value Total fat 0g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg Sodium 15mg 0% 1% 1% 1% Total Carbohydrate 2g Dietary Fiber 0g

Sugars le	ss than 1g		
Protein less	than 1g		
Vitamin A			4%
Vitamin C			4%
Calcium			2%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.	es are based o ay be higher o	n a 2,000 c r lower dep	alorie diet. bending on
your calone needs.	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

GYRO SPICE

Nutrition Facts

Calories from fat 0

0%

0%

0% 0% 0%

1%

0%

0%

2%

4%

Serving size 2g Serving Per Container 15 Amount per serving Calories 0

Saturated Fat 0g

0mg

Total Carbohydrate less than 1g

Trans Fat 0g Cholesterol Or Sodium Omg

Dietary Fiber 0g

Sugars 0g Protein Og

Vitamin A

Vitamin C

Calcium

Total fat 0g

Nutrition Facts Serving size 2g Serving Per Container 25

DOWN UNDER GOURMET

GRILL RUB

Amount per serving Calories from fat 0 Calories 0 % daily value Total fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg Sodium 370mg 0% 15% Total Carbohydrate 00 0% 1% Dietary Fiber 0g Sugars 0g Protein 0g Vitamin A 0% Vitamin C 0% 0% Calcium 2% Iron *Percent Daily Values are based on a 2,000 calorie die Your Daily Values may be higher or lower depending of your calorie needs. Calories: Less than Less than Less than Less than 2,000 2,500 Total Fat 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25q 30g Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber 375g 30g

HIMALAYAN **SALT & PEPPER**

		20			
Amount per se Calories 0	111	ny	Cal	ories fro	om fat
oulones o			ou		laily valu
Total fat 0g				70 0	0
Saturated Fa	at	0g			0
Trans Fat	00	1			
Cholesterol	0n	-			0
Sodium 2	80n	ng			12
Total Carbohy	dra	te	0g		0
Dietary Fibe	r	0g			0
Sugars 00	3				
Protein Og					
Vitamin A					0
Vitamin C					0
Calcium					0
Iron					0
*Percent Daily Value Your Daily Values m your calorie needs.	ay be	e basi e high pries:	ed or ier or	a 2,000 c lower dep 2.000	calorie d pending 2.500
Total Fat Sat Fat	Les	s than s than s than s than	ì	65g 20g 300mg 2,400mg	80g 25g 300mg

INW

_					
ving size ving Per Co	2g		cts		S
ount per se	erving			7	A
ories 0	Ci	alories fro	om fat 0		C
		% d	aily value*		-
alfat Og			0%	-	Το
aturated Fa	at Og		0%		
rans Fat	0g				
lesterol	0mg		0%		CI
	0mg		4%		S
al Carbohy	drate 0	g	0%	-	To
ietary Fibe	r Og		1%		
Sugars 00	1				
tein Og				ī	Pı
min A			2%	,	Vi
min C			0%	1	Vi
cium			0%		Ci
			2%	i	Irc
ent Daily Value Daily Values m calorie needs.		or lower dep	ending on	1	P Yo
Fat	Calories:	2,000	2,500	I I'	
Fat t Fat esterol im Carbohydrate tary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		To Ch So To
					-

25g 30g	Dietary Fiber	25g	375g 30g
N SLOW	MAD	RAS	
SPICE	SPI	CE	
on Facts	Nutritio		cts
iiner 20	Serving Per Containe	r 20	
ing	Amount per serving		
Calories from fat 0	Calories 0	Calories	from fat 0
% daily value*		%	daily value*

Amount per s	erving		
Calories 0	(Calories fro	om fat 0
		% di	aily value*
Total fat 0g			0%
Saturated F	at 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 2	5mg		1%
Total Carbohy	drate	0g	0%
Dietary Fibe	r 0g		0%
Sugars 0	3		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			2%
Percent Daily Value Your Daily Values m your calorie needs.		er or lower dep	ending on
Total Eat	Calories:	2,000	2,500
otal Fat Sat Fat Cholesterol	Less than Less than Less than	65g 20g 300mg 2.400mg	80g 25g 300mg 2.400mg

FAJITA SPICE **Nutrition Facts**

Serving size	20		
Serving Per Co	ontainer	25	
Amount per se	rvina		
Calories 0	, ving	Celeries	from fot (
Calories 0			from fat 0
		9	6 daily value
Total fat 0g			0%
Saturated Fa	at Oç]	0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 6	0mg		3%
Total Carbohy	drate	less tha	n1g 0 %
Dietary Fibe	r Og		1%
Sugars 00)		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	ay be hig	her or lower	depending or
	Calories		2,500
Total Fat Sat Fat	Less that Less that	n 20g	80g 25g
Cholesterol Sodium	Less that Less that		
Total Carbohydrate		300g	375g 30g

ITALIAN PINZIMONIO

OLIVE OIL MIX

Nutrition Facts

0g

2g

Calories from fat 0

ily value'

1%

1%

0%

14% 1%

5%

2%

2%

6%

10%

Serving size 5g Serving Per Container 14

Amount per serving Calories 10

Total fat 0g

Cholesterol

Saturated Fat

Sodium 340mg Total Carbohydrate

Sugars 0g Protein Og

Vitamin A

Vitamin C

Calcium

Iron

Dietary Fiber 1g

Trans Fat 0g 0mg

Calories 15 Total fat 0g	(Calories fro % d	
		% d	
			aily value*
Saturated Fa			0%
	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 6	0mg		3%
Total Carbohy	drate	3g	1%
Dietary Fibe	r less	than 1g	4%
Sugars le	ss than 1	lg	
Protein less	than 1g		
Vitamin A			0%
Vitamin C			2%
Calcium			4%
Iron			8%
*Percent Daily Value Your Daily Values m your calorie needs.			
	Calories:	2,000	2,500
Total Fat Sat Fat	Less than		80g 25g
Cholesterol	Less than	300mg	300mg
Total Carbohydrate Dietary Fiber	Less than	2,400mg 300g	2,400mg 375g

JAPANESE CURRY MIX

Amount per se	~		
Calories 10	C	alories fro	om fat
		% d	aily value
Total fat 0g			0 9
Saturated Fa	at Og		0 %
Trans Fat	0g		
Cholesterol	0mg		09
	mg		0%
Total Carbohy	drate 3	3g	19
Dietary Fibe	r Og		29
Sugars le	ss than 1g	3	
Protein less	than 1g		
Vitamin A			4 %
Vitamin C			29
Calcium			29
Iron			49
*Percent Daily Value Your Daily Values m your calorie needs.	es are based ay be higher Calories:	on a 2,000 o or lower dep 2.000	calorie die bending c 2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg

Nutri	tion Fa
Serving size	5g
Serving Per	
5	
Amount per	serving
Calories 10	Calories fro
	% d
Total fat 0	g
Saturated	Fat 0g
Trans Fat	0g
Cholesterol	0mg
Sodium	35mg
Total Carbo	nydrate 2g
Dietary Fi	ber Og
Sugars	less than 1g
Protein les	ss than 1g
Vitamin A	
Vitamin C	
Calcium	
Iron	
	lues are based on a 2,000 of may be higher or lower dep
	s. Calories: 2,000
Total Fat Sat Fat Cholesterol Sodium Total Carbohydra	Less than 65g Less than 20g Less than 300mg Less than 2,400mg te 300g
Dietary Fiber	25g

	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories:	2,000	2,500
	Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
2	young	gevity	V.CO1	n

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

KERALA FRIED RICE

2%

2%

2% 4%

calorie diet. pending on

2,500

300mg 2,400m 375g

80g 25g 300

Nutrit Serving size	2g	-	cts
Serving Per Co	ntainer 2	3	
Amount per se	erving		
Calories 0	0	Calories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 2	5mg		1%
Total Carbohy	drate	less than	1g 0 %
Dietary Fibe	r Og		1%
Sugars 0g)		
Protein 0g			
Vitamin A			2%
Vitamin C			
			2%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.			
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Calories:	2,000	2,5
Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80 25 30 2,4 37 30
	Calories: Less than Less than Less than Less than	Less than 65g Less than 20g Less than 300mg Less than 2,400mg 300g

rie diet. ding on 500 5g 00mg ,400mg 75g

	Serving size 2g
	Serving Per Container 20
	Amount per serving
ories from fat 0	Calories 0 Cal
% daily value*	
0%	Total fat 0g
0%	Saturated Fat 0g
	Trans Fat 0g
0%	Cholesterol 0mg
4%	Sodium 25mg
0.01	Tatal Osub shundarta o

Total Fat Sat Fat Cholesterol Sodium Total Carbohyc Dietary Fibe

	Q SPICE
Nutriti Serving size Serving Per Cont	2g
Amount per serv	ving
Calories 0	Calorie
Total fat 0g	
Saturated Fat	0g
Trans Fat	0g
Cholesterol (Dmg
Sodium 90n	ng
Total Carbohydr	ate Og
Dietary Fiber	0g
Sugars 0g	
	BB Nutriti Serving size Serving Per Cont Amount per serving Calories 0 Total fat 0g Saturated Fat Trans Fat Cholesterol 0 Sodium 900 Total Carbohydr Dietary Fiber

NUTRITIC	ЛΓά
Serving size	2g
Serving Per Contai	ner 20
Amount per servi	ng
Calories 0	Calories
	0
Total fat 0g	

Saturated Fa	at ug		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 9	0mg		4%
Total Carbohy	drate	0g	0%
Dietary Fibe	r Og		1%
Sugars 0g	3		
Protein 0g			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.			
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

GUACAMOLE MIX

size Per Cor	5g	
per se	rving	
10		Calories from fat 0
		% daily value*
0g		0%
ated Fa	t Og	0%
Fat	0g	
erol	0mg	0%
35	ōmg	2%
rbohyd	irate	2g 1%
v Fiber	0g	1%

SAVEUR NATURAL FOODS | NUTRITIONAL INFORMATION

MONTREAL **STEAK RUB**

Nutrit Serving size Serving Per Co	2g		acts
Amount per se	erving		
Calories 0		Calories	s from fat 0
			% daily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 2	90mg		12%
Total Carbohy	drate	0g	0%
Dietary Fibe	r Og		1%
Sugars 0g	3		
Protein Og			
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%
*Percent Daily Value Your Daily Values m your calorie needs.	es are bas ay be higt Calories	ed on a 2,0 ier or lower 2,000	depending on
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less that Less that Less that	1 65g 1 20g 1 300m	80g 25g 9 300mg

Less than	2,400mg 300g 25g	2,40 375 30g
PIZZA		

SPICE

Nutrit Serving size		i i a	υla
Serving Per Co	ontainer	13	
Amount per se	erving		
Calories 0		Calories fr	om fat
		% (daily valu
Total fat 0g			0
Saturated Fa	at Og		0
Trans Fat	0g		
Cholesterol	0mg		0
Sodium 0	mg		0
Total Carbohy	drate	less than	1g 09
Dietary Fibe	r 0g		2
Sugars 00	3		
Protein Og			
Vitamin A			0
Vitamin C			0
Calcium			2
Iron			2
*Percent Daily Value Your Daily Values m your calorie needs.	es are base ay be high	ed on a 2,000 er or lower de	calorie di
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less thar Less thar Less thar Less thar	1 20g 1 300mg	80g 25g 300mg 2,400m 375g 30g

Nutritie Serving size Serving Per Conta	on Facts
Amount per serv	
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%

NEW ENGLAND

SEAFOOD RUB

Total fat 0g			0%
Saturated F	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 3	0mg		1%
Total Carbohy	drate 0	g	0%
Dietary Fibe	r Og		1%
Sugars 0	9		
Protein 0g	-		
Vitamin A			2%
vitaminA			
Vitamin C			0%
Vitamin C			0%
Vitamin C Calcium	hay be higher	or lower dep	0% 0% 2% calorie diet.
Vitamin C Calcium Iron *Percent Daily Values m your calorie needs.	ay be higher Calories:	or lower dep 2,000	0 % 0 % 2 % calorie diet. cending on 2,500
Vitamin C Calcium Iron "Percent Daily Value Your Daily Values m your calorie needs. Total Fat	Calories: Less than	or lower dep 2,000 65g	0 % 0 % 2 % calorie diet. 2,500 80g
Vitamin C Calcium Iron *Percent Daily Values m your calorie needs. Total Fat Sat Fat	Calories: Less than Less than	or lower dep 2,000 65g 20g	0 % 0 % 2 % calorie diet. cending on 2,500 80g 25g
Vitamin C Calcium Iron "Percent Daily Value Your Daily Values m your calorie needs. Total Fat	Calories: Less than	or lower dep 2,000 65g 20g 300mg	0 % 0 % 2 % calorie diet. cending on 2,500 80g 25g 300mg
Vitamin C Calcium Iron *Percent Daily Values Your Daily Values m your calorie needs. Total Fat Sat Fat Cholesterol	Calories: Calories: Less than Less than Less than	or lower dep 2,000 65g 20g	0 % 0 % 2 % calorie diet. cending on 2,500 80g 25g 300mg

POMODORO

BASIL MIX

Nutrition Facts

Serving size 5g Serving Per Container 16

Saturated Fat 0g

Amount per serving

Calories 15

Total fat 0g

NUTMEG BLEND BAKING SPICE



Amount per se	erving		
Calories 0	Ca	alories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0	mg		0%
Total Carbohy	drate 0	g	0%
Dietary Fibe	r less th	an 1g	3%
Sugars 00)	-	
Protein Og			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	es are based o ay be higher o Calories:	on a 2,000 c or lower dep 2,000	alorie diet ending or 2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

ROAST

RUB

Amount per serving

Calories 0

Nutrition Facts Serving size 2g Serving Per Container 25 Amount per serving Calories 0 Calories from fat 0 % daily value Total fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg Sodium 240mg 10% Total Carbohydrate less than 1g 0% Dietary Fiber 0g Sugars 0g Protein Og Vitamin A 0% Vitamin C 0% 0% Calcium 0% Iron *Percent Daily Values are based on a 2,000 calorie diet Your Daily Values may be higher or lower depending or your calorie needs. Calories: Less than Less than Less than Less than 2,000 2,500

ONION GARLIC

RUB



SATAY

SPICE

Nutrition Facts

PASTA

SAFARI RUB

 2,000
 2,500

 65g
 80g

 20g
 25g

 300mg
 300mg

 2,400mg
 2,400mg

 300g
 375g

 25g
 30g

Total Fat

Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber

Nutrit Serving size				CIS
Serving Per Co				
oorning i or oo	intaintoi	20		
Amount per se	erving			
Calories 0		Calo	ries fr	om fat
			% 0	laily value
Total fat 0g				0%
Saturated Fa	at Og)		09
Trans Fat	0g			
Cholesterol	0mg			0 %
Sodium 9	5mg			4%
Total Carbohy	drate	0a		0 %
Dietary Fibe	r Og	Ŭ		19
Sugars 00				
Protein 0g	,			
Vitamin A				29
Vitamin C				09
Calcium				09
Iron				29
*Percent Daily Value Your Daily Values m your calorie needs.	es are bas ay be hig	ed on a her or k	2,000 ower de	calorie die
	Calories		,000	2,500
Total Fat Sat Fat	Less that		5g Da	80g 25g
Cholesterol	Less that	n 3	DÖmg	300mg
Sodium Total Carbohydrate	Less that		,400mg 00g	2,400m 375a
Dietary Fiber			00g 5a	375g 30a

Serving size 2g Serving Per Container 25

SPANISH PAELLA

Nutrit Serving size Serving Per Co	- 5g	-	cts
Amount per se	erving		
Calories 15		Calories fr	om fat 0
		% c	laily value*
Total fat 0g			1%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 7	0mg		3%
Total Carbohy	drate	3g	1%
Dietary Fibe	r 1g		4%
Sugars le	ss than	1g	
Protein less	than 1g		
Vitamin A			25%
Vitamin C			0%
Calcium			0%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.	ay be high	er or lower de	pending or
Total Eat	Calories:	2,000 65g	2,500 80a
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than	20g 300mg	25g 300mg

Amount per se	erving		
Calories 5	C	alories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0	mg		0%
Total Carbohy	drate	ess than	1g 0%
Dietary Fibe			0%
Sugars 00	1		
Protein Og			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	ay be higher	or lower dep	ending on
Tractor	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

SPICED BEET HUMMUS MIX

Serving size Serving Per Cor	5g ntainer 16		cts
Calories 10		alories fro	om fat 0
		% d	ailv value*
Total fat 0g Saturated Fa	. 0-	<i>,</i> ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0%
Trans Fat	t Og Og		0%
Cholesterol Sodium On	0mg		0%
Total Carbohyc		2g	1%
Dietary Fiber			2%
v	s than 1g han 1g	1	
Vitamin A	indir ig		10%
Vitamin C			4%
Calcium			2%
Iron			4%
*Percent Daily Values Your Daily Values ma your calorie needs.	y be higher	or lower dep	pending on
	Calories:	2,000	2,500
Sat Fat Cholesterol	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

SEASONED SALT

Serving Per Co	Intainei	160		
Amount per s	ervina			
Calories 0		Calori	es from	fat
			% daily	value
Total fat 0g				0%
Saturated F	at Og			0%
Trans Fat	0g			
Cholesterol	0mg			0%
Sodium 1	20mg			5%
Total Carbohy	drate	0g		0%
Dietary Fibe	r Og			09
Sugars 0	3			
Protein Og				
Vitamin A				0%
Vitamin C				0%
Calcium				0%
Iron				09
*Percent Daily Value Your Daily Values m your calorie needs.	ay be high	er or low	er depend	ding c
	Calories:	2.0	JU 2,5	500
		650	90	a
Total Fat Sat Fat Cholesterol	Less that Less that Less that	1 200	25	g g Oma

			• /0	
Trans Fat	0g			
Cholesterol	0mg		0%	c
Sodium 3	5mg		1%	S
Total Carbohy	drate 3	g	1%	T
Dietary Fibe	r Og		2%	
Sugars 10	3			
Protein less	than 1g			Р
Vitamin A			6%	P V V C
Vitamin C			4%	V
Calcium			2%	C
Iron			4%	Ir
*Percent Daily Value Your Daily Values m your calorie needs.				*F Yo yo
	Calories:	2,000	2,500	L .
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	Tc Cl Sc Tc

Calories from fat 0

0%

0%

SOUTHERN **SEAFOOD BOIL**

Serving size Serving Per Co	2g		CIS
		0	
Amount per se	erving		
Calories 0	C	alories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg	-	0%
	70mg		16%
Total Carbohy	drate ()g	0%
Dietary Fibe	r Og		1%
Sugars 0g	1		
Protein Og			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Value Your Daily Values m your calorie needs.	ay be higher	or lower dep	ending on
Total Fat	Calories:	2,000 65g	2,500 80a
Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Facts Serving size 2g Serving Per Container 20 Calories from fat 0

		% da	ily value*
Total fat 0g			0%
Saturated F	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 1	40mg		6%
Total Carbohy	drate	less than 1	g 0 %
Dietary Fibe	r Og		1%
Sugars 0	3		
Protein 0g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.			
	Calories:		2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g 30g

SOUTHERN STYLE DRY RUB

	n Facts
Serving Per Contain	
Amount per serving	a
Calories 0	Calories from fat 0
	% daily value*
Total fat 0g	0%
Saturated Fat	0g 0%
Trans Fat 0g	<u> </u>
Cholesterol Omg	g 0%
Sodium 170mg	7%
Total Carbohydrate	e less than 1g 0%
Dietary Fiber 0	g 1%
Sugars 0g	
Protein Og	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	2%
*Percent Daily Values are b Your Daily Values may be h	based on a 2,000 calorie diet. higher or lower depending on
Calori	ies: 2,000 2,500
Total Fat Less t Sat Fat Less t Cholesterol Less t Sodium Less t Total Carbohydrate Dietary Fiber	than 20g 25g than 300mg 300mg

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SAVEUR NATURAL FOODS | NUTRITIONAL INFORMATION

SPICY CAJUN MIX

Serving size Serving Per Co	- 5g	-	icts
Amount per se	ervina		
Calories 5		Calories	from fat 0
		9	6 daily value*
Total fat 0g			1%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 3	5mg		1%
Total Carbohy	drate	1g	0%
Dietary Fibe	r less	than 1g	3%
Sugars le	ss than	1g	
Protein less	than 1g		
Vitamin A			8%
Vitamin C			0%
Calcium			2%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.	es are base ay be high Calories	ed on a 2,00 er or lower 2,000	0 calorie diet. depending on 2.500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

Nutri Serving size	2g	Fa	cts
Serving Per C	Container 2	5	
Amount per	serving		
Calories 0	С	alories fr	om fat (
		% c	laily value
Total fat 0g	1		0%
Saturated I	Fat Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carboh	ydrate (g	0%
Dietary Fib	er Og		1%
Sugars ()g		
Protein Og			
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Val Your Daily Values your calorie needs	ues are based may be higher Calories:	on a 2,000 or lower dep 2,000	calorie die pending o 2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

TURKEY

BRINE

TACO

TAGINE SPICE



Amount per se	erving		
Calories 0		Calories fro	om fat 0
		% d	aily value*
Total fat 0g			0%
Saturated Fa	at Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 2	0mg		1%
Total Carbohy	drate	0g	0%
Dietary Fibe			1%
Sugars 0	1		
Protein Og			
Vitamin A			2%
Vitamin C			0%
Calcium			2%
Iron			4%
*Percent Daily Value Your Daily Values m your calorie needs.	es are base ay be high	d on a 2,000 d er or lower dep	alorie diet. bending on
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than		80g 25g 300mg 2,400mg 375g 30g

TURKISH

MIX

Nutrition Facts Serving size 2g Serving Per Container 25 Amount per serving Calories 0 Calories from fat 0 % daily va Total fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg Sodium 30mg 0% 1% 0% 1% Total Carbohydrate Dietary Fiber 0g Sugars 0g Protein Og 2% Vitamin A 0% Vitamin C 0% Calcium 2% Iron *Percent Daily Values are based on a 2,000 calorie diet Your Daily Values may be higher or lower depending or your calorie needs. 2,000 2,500 Calories: Less than Total Fat 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25a 30g Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Less than Less than Less than

TANDOORI

SPICE

Serving size 2g Serving Per Container 25 Amount per serving				
Calories 0		Calories	from fat 0	
		0	% daily value*	
Total fat 0g			0%	
Saturated Fa	at Og		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 9	5mg		4%	
Total Carbohy	drate	0g	0%	
Dietary Fibe	r Og		1%	
Sugars 0g	J			
Protein Og				
Vitamin A			2%	
Vitamin C			0%	
Calcium			0%	
Iron			2%	
*Percent Daily Value Your Daily Values m your calorie needs.		er or lower	depending on	
	Calories:	2,000	2,500	
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	1 20g 1 300mg		

TEX-MEX

RUB

THAI MIX

Nutrition Facts Serving size 5g Serving Per Container 16 Amount per serving Calories from fat 0 Calories 10 Total fat 0g 1% Saturated Fat 0g 0% Trans Fat 0g Trans Cholesterol Omg 0mg 0% 1% 1% 1% Total Carbohydrate 2g Dietary Fiber 0g Sugars less than 1g Protein less than 1g Vitamin A 4% Vitamin C 4% Calcium 2% Iron *Percent Daily Values are Your Daily Values may be your calorie needs. 4% orie diel nding or 2,000 2,500 Total Fat 65g 20g 300mg 2,400mg 80g 25g 300mg 2,400mg 375g 30g Less than Less than Less than Less than Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber 300g 25g

	- miniman	20	
Serving Per Co	mainer	30	
Amount per se	erving		
Calories 0	-	Calories fro	om fat
		% d	aily valu
Total fat 0g			0
Saturated Fa	at Og		0
Trans Fat	0g		
Cholesterol	0mg		0
Sodium 3	70mg		16
Total Carbohy	drate	0g	0
Dietary Fibe	r Og		11
Sugars 0g	3		
Protein 0g			
Vitamin A			2
Vitamin C			0
Calcium			0
Iron			20
*Percent Daily Value Your Daily Values m your calorie needs.	es are base ay be high Calories:	ed on a 2,000 o er or lower dep 2,000	alorie di
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg 2,400m 375g 30g

Serving Fel CC	5g ontainer 16		cts
)	
Amount per se	erving		
Calories 10	C	alories fro	om fat
		% d	aily valu
Total fat 0g			19
Saturated Fa	at Og		0
Trans Fat	0g		
Cholesterol	0mg		0
Sodium 5	mg		0
Total Carbohy	drate 2	g	19
Dietary Fibe			3
Sugars le	ss than 1g	-	
Protein less	than 1g		
Vitamin A			259
Vitamin C			29
vitariiii C			29
Calcium			40
Calcium			

Nutrit Serving size Serving Per Co	2g	-	cts	
Amount per se	erving			
Calories 5	C	alories fro	om fat 0	
		% d	aily value*	
Total fat 0g			0%	
Saturated Fa	at Og		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 0	mg		0%	
Total Carbohy	drate	1g	0%	
Dietary Fiber	r Og		1%	
Sugars 0g	J			
Protein Og				
Vitamin A			6%	
Vitamin C			2%	
Calcium			0%	
Iron			2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Calories: Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300mg 2,400mg 375g 30g	

WOK

SPICE



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