

Carrot Cake Jam

Nutrition Facts

Serving Size: 1 Tablespoon (14g)

Servings Per Container: 16

Amount Per Serving

Calories 25

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 5mg

0%

Total Carbohydrate 6g

2%

Dietary Fiber 0g

0%

Sugars 6g

Protein 0g

Vitamin A 8%

Vitamin C 0%

Calcium 0%

Iron 0%

* 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	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SUGAR, PINEAPPLE,
CANNED, JUICE PACK, SOLIDS AND
LIQUIDS, CARROTS, BROWN SUGAR,
PEARS, RAW, BOSCH, RAISINS, WATER,,
COCONUT FLAKES UNSWEETENED,
LEMON JUICE, PECTIN, PURE VANILLA
EXTRACT, CINNAMON, SALT, NUTMEG

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