

East Shore Specialty Foods

Nutritional Information

5oz Jar Jalapeño Pepper Jelly	
Nutrition Facts	
Serving Size 1 Tbps. (20g)	
Servings Per Container 7	
Amount Per Serving	
Calories 55	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 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 0g	
Vitamin A	Vitamin C
Calcium	Iron
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
**Less than 2% of Daily Required Value.	
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 Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:
 SUGAR, VINEGAR, JALAPEÑO PEPPERS, GREEN BELL PEPPERS, RED BELL PEPPERS AND FRUIT PECTIN.
 REFRIGERATE AFTER OPENING

Shelf Life 24 Months