

Dilly Bean Pickles

Nutrition Facts	
servings per container	
Serving size	1 oz (28g/1 oz)
Amount per serving	
Calories	10
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0.2mg	0%
Potassium 35mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Good & Evil Pickles

Nutrition Facts	
servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	35
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 5mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pickled Garlic

Nutrition Facts	
servings per container	
Serving size	2 Tbs (30mL)
Amount per serving	
Calories	25
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	1%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0.3mg	2%
Potassium 60mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	