

Oakville Grocery Summer Fruit Preserves

Strawberry

Nutrition Facts Servings: about 18, **Serv. size: 1 Tbsp (15g)**, Amount per serving: **Calories 30**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 8g (3% DV), Dietary Fiber 0g (0% DV), Total Sugars 8g (Incl. 7g Added Sugars, 14% DV), **Protein** 0g, Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0.1mg (0% DV), Potas. 20mg (0% DV). *Percent daily values are based on a 2,000 calorie diet.

Peach & Ginger

Nutrition Facts Servings: about 14, **Serv. size: 1 Tbsp (18g)**, Amount per serving: **Calories 40**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 11g (4% DV), Dietary Fiber 0g (0% DV), Total Sugars 10g (Incl. 9g Added Sugars, 18% DV), **Protein** 0g, Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0.1mg (0% DV), Potas. 30mg (0% DV). *Percent daily values are based on a 2,000 calorie diet.