Mrs. Dash Seasoning Blends Add Great Flavor To All Meals
Without Compromising the Nutritional Contents.

NUTRITIONAL INFORMATION

	Original Blend	*Table Blend*	*Extra Spicy*	*Garlic & Herb*	*Lemon Pepper*	*Southwest Chipotle*	*Tomato Basil Garlic*	*Steak Grilling Blend*	*Chicken Grilling Blend*	*Low Pepper / No Garlic*
Pack Sizes										
Portion Control Packets	MD03	MD06								MD04
12/2.5 oz Shaker Bottles	MD10	MD18	MD14	MD19	MD16	MD32	MD27	MDGR1	MDGR2	
6/6.75 oz Shaker Bottles	MD20	MD22		MD25						
3/21 oz Shaker Bottles	MD203			MD293	MD263					
Serving Size	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)	¼ tsp. (.02oz)
Per 100g	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz	3.5 oz
Calories, per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	330	350	360	330	320	320	310	340	350	330
Fat, per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	3	3	6	2	2.5	6	2	4	2.5	3
Saturated Fat, per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	.3	.3	.7	.6	.4	.9	.2	.5	.6	.4
Trans Fat, per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	0	0	0	0	0	0	0	0	0	0
Cholesterol, mg per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	0	0	0	0	0	0	0	0	0	0
Sodium, mg per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	50	55	35	50	50	50	70	50	35	90
Potassium, mg per serving	10	10	10	10	10	10	5	5	5	10
Per 100g	1,350	1,400	1,700	1,290	1,270	1,050	1,220	520	570	1,280
Carbohydrate, g per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	70	70	68	70	68	70	70	70	70	76
Protein, g per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	11	12	13	13	9	10	14	14	13	10
Sugar, g per serving	0	0	0	0	0	0	0	0	0	0
Per 100g	9	5	5	16	11	15	21	8	9	30
Kosher Information	U Parve	U Parve	U Parve	U Parve	U Parve	U Parve	U Parve	U Parve	U Parve	U Parve