

Recipe : Hot Tijuana Salsa Mix (1 serving = 3.8g / 1.5 tsp mix)

Per Serving Nutritional Information

Calories (kcal):	12.2	% Calories from Fat:	8.9%
Total Fat (g):	0.1	% Calories from Carb.:	77.6%
Saturated Fat (g):	0.0	% Calories from Protein:	13.5%
Monounsaturated Fat (g):	0.0	% Refuse	0.2%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	15
Cholesterol (mg):	0	Vitamin A (i.u.):	162
Carbohydrate (g):	2.8	Vitamin B6 (mg):	0.05
Dietary Fiber (g):	0.5	Vitamin B12 (mcg):	0
Protein (g):	0.5	Thiamin B1 (mg):	0.02
Sodium (mg):	65	Riboflavin B2 (mg):	0.01
Potassium (mg):	72	Folacin (mcg):	4.4
Calcium (mg):	10	Niacin (mg):	0.1
Iron (mg):	0.3	Caffeine (mg):	0.0
Zinc (mg):	0.1	Alcohol (g):	0.0

Daily Values

		% Daily Value 2000 Calorie Diet	% Daily Value 2500 Calorie Diet
Total Fat (g):	0.1	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	65	3%	3%
Carbohydrate (g):	2.8	1%	1%
Dietary Fiber (g):	0.5	2%	2%
Protein (g):	0.5	1%	1%
Vitamin A: 3%	Vitamin C: 24%	Calcium: 1%	Iron: 1%