

Company: Mariko Food Corp
 Item: Adjika - Georgian Style Chile Paste
 Pack: 9 ounces

NUTRITION COMPOSITION

Mariko Food Corp - ADJIKA Georgian Style Chile Paste

Serving Size: 1 tbsp (16g)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	0	0
Gram Weight (g)	16.00	100.00	Vitamin C (mg)	4.13	25.83
Calories (kcal)	20.13	125.84	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	2.35	14.66	Folate (mcg)	2.02	12.63
Protein (g)	1.23	7.68	Vitamin K (mcg)	5.70	35.63
Carbohydrates (g)	3.20	20.00	Pantothenic Acid (mg)	0.01	0.06
Dietary Fiber (g)	0.72	4.52	Vitamin E - IU (IU)	0.10	0.61
Total Sugars (g)	1.16	7.26	Minerals		
Fat (g)	0.26	1.63	Calcium (mg)	12.01	75.09
Saturated Fat (g)	0.01	0.07	Copper (mg)	0.01	0.06
Mono Fat (g)	0.03	0.16	Iron (mg)	0.25	1.56
Poly Fat (g)	0.01	0.08	Magnesium (mg)	2.99	18.70
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.05	0.32
Cholesterol (mg)	0	0	Phosphorus (mg)	3.11	19.46
Water (g)	10.58	66.12	Potassium (mg)	25.59	159.92
Ash (g)	1.49	9.33	Selenium (mcg)	0.12	0.73
Vitamins			Sodium (mg)	451.44	2821.48
Vitamin A - IU (IU)	2986.87	18667.93	Zinc (mg)	0.04	0.22
Vitamin B1 (mg)	0.01	0.03	Other Fats		
Vitamin B2 (mg)	0.01	0.05	Omega 3 Fatty Acid (g)	0.00	0.01
Vitamin B3 (mg)	0.06	0.38	Omega 6 Fatty Acid (g)	0.01	0.06
Vitamin B6 (mg)	0.01	0.07			

Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.

April 5, 2010

Company: Mariko Food Corp
Item: Adjika - Georgian Style Chile Paste
Pack: 9 ounces

Nutrition Facts	
Serving Size 1 tbsp (16g)	
Servings Per Container about 16	
Amount Per Serving	
Calories 20	
	% Daily Value*
Total Fat 0g	0%
Sodium 450mg	19%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 60% • Vitamin C 6%	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: WATER, CALIFORNIA PEPPER, GARLIC, BELL PEPPER, SALT, CILANTRO, FENUGREEK, DILL, CELERY SEEDS, PARSLEY, SAFFRON, CORIANDER, BAY LEAF, RED PEPPER, BLACK PEPPER, ONION, DRIED GARLIC, CORIANDER, CHILI PEPPERS, CITRIC ACID.