

Company: Mariko Foods

Item: Eggplant Relish (Georgian Style Eggplant)

Pack: 10 ounces (283g) 12 ounces (340g)

NUTRITION COMPOSITION

Mariko Foods - Eggplant Relish

Serving Size: 2 tbsp (30g)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	0	0
Calories (kcal)	28.71	94.34	Vitamin C (mg)	2.12	6.96
Calories from Fat (kcal)	13.50	44.37	Vitamin D - IU (IU)	0	0
Protein (g)	0.60	1.96	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	3.68	12.08	Vitamin E - IU (IU)	0.48	1.57
Dietary Fiber (g)	1.53	5.02	Folate (mcg)	10.17	33.43
Total Sugars (g)	1.45	4.78	Vitamin K (mcg)	2.33	7.66
Fat (g)	1.52	5.01	Pantothenic Acid (mg)	0.11	0.35
Saturated Fat (g)	0.20	0.66	Minerals		
Mono Fat (g)	0.39	1.27	Calcium (mg)	10.74	35.30
Poly Fat (g)	0.78	2.55	Copper (mg)	0.04	0.12
Trans Fatty Acid (g)	0.00	0.01	Iron (mg)	0.23	0.75
Cholesterol (mg)	0	0	Magnesium (mg)	6.65	21.85
Water (g)	23.83	78.30	Manganese (mg)	0.11	0.35
Gram Weight (g)	30.43	100.00	Molybdenum (mcg)	2.30	7.56
Ash (g)	0.75	2.47	Phosphorus (mg)	13.54	44.49
Vitamins			Potassium (mg)	101.58	333.81
Vitamin A - IU (IU)	69.07	226.99	Selenium (mcg)	0.21	0.68
Vitamin A - RE (RE)	6.91	22.70	Sodium (mg)	175.89	578.03
Beta-Carotene (mcg)	37.21	122.29	Zinc (mg)	0.09	0.29
Vitamin B1 (mg)	0.02	0.07	Other Fats		
Vitamin B2 (mg)	0.02	0.06	Omega 3 Fatty Acid (g)	0.02	0.07
Vitamin B3 (mg)	0.23	0.74	Omega 6 Fatty Acid (g)	0.75	2.48
Vitamin B6 (mg)	0.05	0.16			

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.

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Pack: 10 ounces (283g)

12 ounces (340g)

Nutrition Facts	
Serving Size 2 tbsp (30g)	
Servings Per Container about 9	
Amount Per Serving	
Calories 30	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts	
Serving Size 2 tbsp (30g)	
Servings Per Container about 11	
Amount Per Serving	
Calories 30	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: EGGPLANT, ONION, CORN OIL, VINEGAR, SALT, CILANTRO, POMEGRANATE, CORIANDER, FENUGREEK, RED CAYENNE PEPPER, SAVORY, DILL, CELERY SEEDS.