

August 10, 2010

Company: Mariko Foods

Item: Bean Dip (Georgian Style)

Pack: 11 oz (312g)

13 oz (368.5g)

## NUTRITION COMPOSITION

Mariko Bean Dip Georgian Style

Serving Size: 2 tbsp (32g)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
<b>Basic Components</b>			Vitamin B12 (mcg)	0	0
Calories (kcal)	41.44	129.80	Vitamin C (mg)	1.76	5.51
Calories from Fat (kcal)	12.25	38.35	Vitamin D - IU (IU)	0	0
Protein (g)	2.16	6.76	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	5.72	17.91	Vitamin E - IU (IU)	0.08	0.26
Dietary Fiber (g)	1.56	4.89	Folate (mcg)	30.23	94.67
Total Sugars (g)	0.32	1.02	Vitamin K (mcg)	12.78	40.01
Fat (g)	1.36	4.26	Pantothenic Acid (mg)	0.07	0.20
Saturated Fat (g)	0.14	0.42	<b>Minerals</b>		
Mono Fat (g)	0.18	0.57	Calcium (mg)	12.81	40.11
Poly Fat (g)	0.95	2.99	Copper (mg)	0.08	0.25
Trans Fatty Acid (g)	0	0	Iron (mg)	0.62	1.94
Cholesterol (mg)	0	0	Magnesium (mg)	12.96	40.59
Water (g)	22.03	69.00	Manganese (mg)	0.17	0.54
Gram Weight (g)	31.93	100.00	Molybdenum (mcg)	16.03	50.22
Ash (g)	0.65	2.05	Phosphorus (mg)	36.92	115.63
<b>Vitamins</b>			Potassium (mg)	105.98	331.91
Vitamin A - IU (IU)	113.77	356.32	Selenium (mcg)	0.49	1.54
Vitamin A - RE (RE)	11.38	35.63	Sodium (mg)	134.37	420.83
Beta-Carotene (mcg)	64.79	202.90	Zinc (mg)	0.28	0.89
Vitamin B1 (mg)	0.04	0.13	<b>Other Fats</b>		
Vitamin B2 (mg)	0.02	0.06	Omega 3 Fatty Acid (g)	0.21	0.65
Vitamin B3 (mg)	0.17	0.53	Omega 6 Fatty Acid (g)	0.75	2.34
Vitamin B6 (mg)	0.04	0.14			

*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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<b>Nutrition Facts</b>	
Serving Size 2 tbsp (32g)	
Servings Per Container about 10	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

<b>Nutrition Facts</b>	
Serving Size 2 tbsp (32g)	
Servings Per Container about 12	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

**INGREDIENTS:** KIDNEY BEANS, ONION, WALNUTS {TREE NUTS}, CILANTRO, PARSLEY, SALT, CITRIC ACID, VINEGAR, GARLIC, SPICE MIX (CORRIANDER, FENUGREEK, PAPRIKA, FENNEL, DILL, MARIGOLD, SAVORY, BASIL, MARJORAM, PEPPER, HYSSOP, THYME), SUGAR, RED CAYENNE PEPPER.