

Eggplant Adobo

Nutrition Facts			
Serving Size 8 ounces (270g)			
Servings Per Container 1			
Amount Per Serving			
Calories	160	Calories from Fat	0
% Daily Value*			
Total Fat	4g		6%
Saturated Fat	0g		2%
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	760mg		32%
Potassium	410mg		12%
Total Carbohydrate	25g		8%
Dietary Fiber	4g		15%
Sugars	5g		
Protein	6g		
Vitamin A	4%	• Vitamin C	10%
Calcium	4%	• Iron	4%
Thiamin	6%	• Riboflavin	6%
Niacin	4%	• Vitamin B6	10%
Folacin	8%	• Vitamin B12	0%
Phosphorus	10%	• Zinc	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
	*		*
		Protein	4