

Artichoke Heart Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 54

Total Fat 5g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 1g

Sugar 0.3g

Dietary Fiber 0g

Sodium 141 mg

Protein 0.3g

Calcium 3.4%

Iron 0.8%



Ingredients:

ARTICHOKE HEARTS, NON GMO CANOLA OIL, WATER, GARLIC, SEA SALT, NATURAL FIBER, PARSLEY, SPICES, CITRIC ACID, STABILIZER (XANTHAN GUM).

Basil Pesto:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 46

Total Fat 4.5g

Saturated Fat 0.7g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 14.5g

Sugar 0.01g

Dietary Fiber 0.2g

Sodium 160mg

Protein 0.4g



Ingredients:

FRESH BASIL, WATER, GMO FREE CANOLA OIL, SPICES, SAT, OLIVE OIL, PINE NUT, CITRIC ACID, STABILIZER(XANTHAM GUM), OREGANO EXTRACT.

Roasted Red Peper Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 15.9

Total Fat 1.1g

Saturated Fat 0.2g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 1g

Sugar 0g

Dietary Fiber 0.2g

Sodium 136.6mg

Protein 0.2g

Calcium 0.19%

Vitamin C 23.7%

Vitamin A 2.6%



Ingredients:

WATER, RED PEPPER, VEGETABLE OIL (MAY CONTAIN SOYBEAN OIL OR CANOLA OIL), SWEET PAPRIKA, SALT, MODIFIED STARCH, GARLIC ONION, SPICES, VINEGAR, SMOKE FLAVOR, OLIVE OIL, CITRIC ACID, STABILIZER (XANTHAN GUM).

Black Olive Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 41.4

Total Fat 4.1g

Saturated Fat 0.6g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 1g

Sugar 0.3g

Dietary Fiber 0g

Sodium 328mg

Protein 0.3g

Calcium 1.1%

Iron 2.5%



Ingredients:

BLACK OLIVES, WATER, VEGETABLE OIL (MAY CONTAIN CANOLA OR SOYBEAN), OLIVE OIL, SALT, GARLIC, CITRIC ACID, OREGANO EXTRACT, SPICES.

Green Olive Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 54

Total Fat 5.2g

Saturated Fat 0.7g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 1.3g

Sugar 0g

Dietary Fiber 0.4g

Sodium 306mg

Protein 0.5g



Ingredients:

GREEN OLIVES, VEGETABLE OIL (MAY CONTAIN SOYBEAN OIL OR CANOLA OIL), WATER, SALT, GARLIC, SPICES, OLIVE OIL, CITRIC ACID, OREGANO EXTRACT.

Sundried Tomato Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 30.1

Total Fat 2g

Saturated Fat 0.28g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 2.6g

Sugar 1.5g

Dietary Fiber 0.3g

Sodium 65.4mg

Protein 0.38g



Ingredients:

TOMATO CONCENTRATE, SUN DRIED TOMATOES, WATER, VEGETABLE OIL (MAY CONTAIN CANOLA OIL OR SOYBEAN OIL), GARLIC, SWEET PAPRIKA, SPICES, OLIVE OIL, SALT, CITRIC ACID, OREGANO EXTRACT.

Roasted Eggplant Tapenade:

Nutrition Facts

Serving Size 2 tbsp serving. Servings: 9.

Amount Per Serving

Calories 15.9

Total Fat 1.1g

Saturated Fat 0.2g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrates 1g

Sugar 0g

Dietary Fiber 0.2g

Sodium 136.6mg

Protein 0.2g

Calcium 0.19%

Vitamin C 23.7%

Vitamin A 2.6%



Ingredients:

EGGPLANTS, VEGETABLE OIL (MAY CONTAIN SOYBEAN OIL OR CANOLA OIL), WATER, SALT, GARLIC, SPICES, SMOKE FLAVOR, CITRIC ACID, VINEGAR, STABILIZER (XANTHAN GUM).

Eggplant & Tomato Tapenade:

Nutrition Facts	
Serving Size 2 tbsp serving. Servings: 9.	
Amount Per Serving	
Calories 24.4	
Total Fat 1.8g	
Saturated Fat 0.3g	
Trans Fat 0g	
Cholesterol 0mg	
Total Carbohydrates 1.9g	
Sugar 0g	
Dietary Fiber 0.02g	
Sodium 143mg	
Protein 0.2g	



Ingredients:

EGGPLANTS, WATER, TOMATO PASTE, VEGETABLE OIL (MAY CONTAIN SOYBEAN OIL OR CANOLA OIL), SALT, GARLIC, PAPRIKA, CITRIC ACID, OREGANO EXTRACT, SPICES.