

# Old Mountain Valley Farms

*By La Provençale Cellars, Ltd.*

## Product Nutritional Information

Items	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat % Daily Value	Cholesterol	Sodium % Daily Value	Total Carbs % Daily Value	Dietary Fiber	Sugars	Protein
<b>Mustards</b>											
Bavarian Beer Mustard	1tsp	75	10	0	0/0	0/0	80mg/3%	0	0	0	0
Mountain Mustard	1tsp	75	15	10	1g/2%	<5mg	55mg/2%	1g/0%	0	1gm	0
Dijon Mustard	1tsp	75	0	0	0	0/0	120mg/5%	1g/0%	0	1g	0
<b>Salsas</b>											
Basil	2TBS	37	24	10.5	1.2g/3%	0/0	96mg/4%	3.0g/1%	0.6g	0.7g	0.6g
Fire in the Valley	2TBS	37	13.5	0.3	0/0	0/0	77.4mg/3%	2.9g/1%	0.4g	0.8g	0.5g
Roasted Green Chili	2TBS	37	10	0	0/0	0	44mg/2%	2g/<1%	0	1g	0
<b>Apple Butters and Spreads</b>											
Apple Butter No Sugar Added	1TBS	14	12	0	0/0	0/0	0/0	3g/1%	0	3g	0
Apple Blueberry Butter	1TBS	14	31	0	0/0	0/0	0/0	7.8g/2.6%	0	7.8g	0
Apple Pie In A Jar	1TBS	14	31	0	0/0	0/0	0/0	7.8g/2.6%	0	7.8g	0
Pumpkin Pie In A Jar	1TBS	14	23	0	0/0	0/0	0/0	5.7g/1.9%	0	5.7g	0
Apple Grilling Glaze	1TBS	14	23	0	0/0	0/0	83mg/3%	5.8/1.93%	0	5.8g	0
Hot Apple Jalapeno Spread	1TBS	14	50	0	0/0	0/0	0/0	12.4g/4.13%	0	12.4g	0
Cherry Jalapeno Blush	1 TBS	14	50	0	0/0	0/0	0/0	12.4/4.13%	0	12/4g	0

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