

Fruits & Vegetables	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Protein (g)
Applesauce	122 (1/2 cup)	90	0	0	0	0	0	25	8	0
Applesauce: Cinnamon	122 (1/2 cup)	110	0	0	0	0	0	15	28	0
Asparagus: Pickled	19 (2 spears)	30	0	0	0	0	0	150	1	0
Asparagus: Hot Pickled	20 (2 spears)	6	0	0	0	0	0	120	1	0
Asparagus; Pickled with Jalapenos	20 (2 spears)	6	0	0	0	0	0	120	1	0
Asparagus: Zesty Pickled	20 (2 spears)	6	0	0	0	0	0	120	1	0
Beans: Pickled Dilly	18 (3 beans)	25	0	0	0	0	0	140	5	0
Beets: Flaming Red	28 (3 beets)	47	0	0	0	0	0	122	12	0
Beets; Pickled Baby	28 (1 oz.)	30	0	0	0	0	0	140	7	0
Beets: Sliced Pickled	30 (2 slices)	20	0	0	0	0	0	40	5	0
Beets: Tropical Red	28 (3 pieces)	36	0	0	0	0	0	92	9	0
Corn Relish	18 (1 Tbsp)	20	0	0	0	0	0	95	5	0
Corn: Picled Dilly	30 (3 pieces)	30	0	0	0	0	0	230	7	0
Corn: Sweet & Sour Baby Corn	30 (3 pieces)	30	0	0	0	0	0	230	7	0
Garlic: Hot Pickled	15 (3 cloves)	20	0	0	0	0	0	170	4	<1
Garlic: Sweet Pickled	15 (3 cloves)	20	0	0	0	0	0	170	4	<1
Gherkins: Sweet Pickled	28 (3 gherkins)	30	0	0	0	0	0	105	7	0
Jalapenos: Candied	14 (1 Tbsp)	20	0	0	0	0	0	200	5	0
Mushrooms; Pickled	30 (1/2 cup)	15	0	0	0	0	0	250	2	<1
Mushrooms: Hot Pickled	30 (1/2 cup)	15	0	0	0	0	0	250	2	<1
Mustard: Hot Jalapeo Mustard	5 (1 tsp)	10	0	0	0	0	0	30	2	0
Mustard: Hot Pepper Butter	14 (1 Tbsp)	30	10	2	0	0	0	2	4	1
Mustard: Roasted Garlic Mustard	5 (tsp)	10	0	0	0	0	0	35	2	0
Mustard: Sweet Mustard	5 (1 tsp)	10	0	0	0	0	0	35	2	0
Okra: Pickled Hot	28 (2 pads)	15	0	0	0	0	0	250	3	<1
Okra: Pickled Mild	28 (2 pads)	15	0	0	0	0	0	250	3	<1
Peaches: Sliced	128 (1/2 cup)	140	0	0	0	0	0	10	34	<1
Peaches: Spiced	140 (1/2 cup)	130	0	0	0	0	0	10	32	1
Peas: Pickled Snap Peas	28 (1 oz.)	10	0	0	0	0	0	290	2	1
Pears: Bartlett	130 (1/2 cup)	210	0	0	0	0	0	0	54	1
Pepper Rings: Hot Banana	28 (2 Tbps)	60	0	0	0	0	0	140	14	0
Pepper Rings: Mild Banana	28 (2 Tbsp)	60	0	0	0	0	0	140	14	0
Pickle: Sweet Pickle Relish	15 (1 Tbsp)	17	<1	0	0	0	0	202	27.3	1.2

