Jam, Jelly & Butters	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Protein (g)
Apple Butter	20	25	0	0	0	0	0	0	7	0
Apple Cinnamon Jelly	20	50	0	0	0	0	0	0	13	0
Apple Pie Jam	14	30	0	0	0	0	0	0	7	0
Apricot Jam	14	25	0	0	0	0	0	0	7	0
Banana Strawberry Jam	14	30	0	0	0	0	0	0	8	0
Black Cherry Jam	14	30	0	0	0	0	0	0	8	0
Black Raspberry Jam	14	30	0	0	0	0	0	0	8	0
Black Raspberry Jelly	20	45	0	0	0	0	0	0	8	0
Blackberry Jam	14	30	0	0	0	0	0	0	7	0
Blueberry Jam	14	30	0	0	0	0	0	0	8	0
Blueberry Jelly	20	50	0	0	0	0	0	0	11	0
Bluegoose Jam	14	30	0	0	0	0	0	0	7	0
Carrot Marmalade	14	30	0	0	0	0	0	0	8	0
Cherry Jam	14	30	0	0	0	0	0	0	8	0
Christmas Jam	14	30	0	0	0	0	0	0	8	0
Dandelion Jelly	20	50	0	0	0	0	0	0	11	0
Dutch Apple Jam	14	30	0	0	0	0	0	0	7	0
Elderberry Jelly	14	35	0	0	0	0	0	0	9	0
Fig Jam	14	30	0	0	0	0	0	0	8	0
Frog Jam	14	35	0	0	0	0	0	0	9	0
Gooseberry Jam	14	30	0	0	0	0	0	0	7	0
Grape Jelly	20	50	0	0	0	0	0	0	11	0
Harvest Jam	14	30	5	0	0	0	0	0	7	0
"Hoppin" Frog Jam	14	30	0	0	0	0	0	0	8	0
Hot Pepper Jam	14	25	0	0	0	0	0	0	7	0
Jalapeno Jelly	14	30	0	0	0	0	0	0	7	0
Lemon Marmalade Jam	14	30	0	0	0	0	0	0	8	0
Muscadine Grape Jelly	20	60	0	0	0	0	0	0	14	0
Orange Marmalade	14	30	0	0	0	0	0	0	8	0
Peach Jalapeno Jam	14	25	0	0	0	0	0	0	7	0
Peach Jam	14	30	0	0	0	0	0	0	7	0
Peach Pecan Jam	14	30	5	0	0	0	0	0	7	0
Peach Pineapple Jam	14	30	0	0	0	0	0	0	7	0

Peach Preserves	14	25	0	0	0	0	0	0	7	0
Pear Jam	14	30	0	0	0	0	0	0	8	0
Pecan Pumpkin Butter	14	20	5	0	0	0	0	15	5	0
Plum Jelly	14	35	0	0	0	0	0	0	9	0
Pumpkin Butter	14	25	0	0	0	0	0	10	6	0
Quince Jelly	20	50	0	0	0	0	0	0	12	0
Red Pepper Jelly (Gourmet)	20	50	0	0	0	0	0	0	12	0
Red Raspberry Jam	14	30	0	0	0	0	0	0	7	0
Red Raspberry Jelly	20	50	0	0	0	0	0	0	11	0
Rhubarb Jam	14	25	0	0	0	0	0	0	7	0
Seedless Black Raspberry Jam	14	35	0	0	0	0	0	0	9	0
Seedless Blackberry Jam	14	30	0	0	0	0	0	0	7	0
Seedless Red Raspbery Jalapeno	14	30	0	0	0	0	0	0	8	0
Strawberry Jalapeno Jam	14	30	0	0	0	0	0	0	8	0
Strawberry Jam	14	30	0	0	0	0	0	0	8	0
Strawberry Jelly	20	50	0	0	0	0	0	0	8	0
Strawberry Preserves	14	30	0	0	0	0	0	0	8	0
Strawberry Rhubarb Jam	14	30	0	0	0	0	0	0	7	0
Sweet Potato Butter	14	25	0	0	0	0	0	5	6	0
Tomato Jam	14	30	0	0	0	0	0	0	8	0
Traffic Jam	14	30	0	0	0	0	0	0	7	0
Triple Berry Jam	14	30	0	0	0	0	0	0	8	0
Tropical Jam	14	35	0	0	0	0	0	0	9	0
Key; 14 g = 1 Tbsp for jams										
20 g = 1 Tbsp for apple butter										
20 g = 1 Tbsp for jellies										