Salas, Sauces, Toppings	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Protein (g)
Black Bean Salsa	36	15	5	0	0	0	0	80	3	1
Corn Salsa	36	15	0	0	0	0	0	70	3	0
Hot Salsa	36	10	0	0	0	0	0	95	3	0
Medium Salsa	36	10	0	0	0	0	0	95	3	0
Mild Salsa	36	10	0	0	0	0	0	100	3	0
Peach Salsa	36	15	0	0	0	0	0	75	3	0
Pineapple Salsa	36	15	0	0	0	0	0	75	4	0
Apple Butter BBQ Sauce	30	50	0	0	0	0	0	194	12	<1
Candied Jalapeno BBQ Sauce	30	48	0	0	0	0	0	267	12	<1
Original BBQ Sauce	30	50	0	0	0	0	0	252	12	<1
Zesty Peach BBQ Sauce	30	53	0	0	0	0	0	195	13	<1
Topping: Blueberry	30	100	0	0	0	0	0	40	26	0
Topping: Carmelized Apple Pecan	30	110	15	1.5	0	0	0	40	24	0
Topping: Chocolate Coconut	30	110	0	0	0	0	0	45	30	0
Topping: Chocolate	30	110	0	0	0	0	0	45	30	0
Topping: Strawberry	30	100	0	0	0	0	0	40	26	0
Key: 30-36 g = 2 Tbsp										