

Multi Column: Shawnee Poultry Gravy

Multi-Column

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin B12 (mcg)	0
Gram Weight (g)	6.00	Biotin (mcg)	—
Calories (kcal)	21.35	Vitamin C (mg)	0.04
Calories from Fat (kcal)	5.01	Vitamin D - IU (IU)	0
Calories from SatFat (kcal)	1.26	Vitamin D - mcg (mcg)	0
Protein (g)	0.60	Vitamin E - Alpha-Toco (mg)	0.00
Carbohydrates (g)	3.62	Folate (mcg)	0.02
Dietary Fiber (g)	0.04	Folate, DFE (mcg)	0.02
Soluble Fiber (g)	0.00	Vitamin K (mcg)	0.00
Total Sugars (g)	0.58	Pantothenic Acid (mg)	0.00
Monosaccharides (g)	0.00	Minerals	
Disaccharides (g)	0.00	Calcium (mg)	9.76
Other Carbs (g)	1.31	Chromium (mcg)	—
Fat (g)	0.56	Copper (mg)	0.00
Saturated Fat (g)	0.14	Fluoride (mg)	—
Mono Fat (g)	0.14	Iodine (mcg)	0.75
Poly Fat (g)	0.03	Iron (mg)	0.08
Trans Fatty Acid (g)	0.17	Magnesium (mg)	0.13
Cholesterol (mg)	0.25	Manganese (mg)	0.00
Water (g)	0.33	Molybdenum (mcg)	—
Vitamins		Phosphorus (mg)	3.97
Vitamin A - IU (IU)	0.38	Potassium (mg)	10.62
Vitamin A - RE (RE)	0.00	Selenium (mcg)	0.00
Vitamin A - RAE (RAE)	0.00	Sodium (mg)	304.92
Carotenoid RE (RE)	0.00	Zinc (mg)	0.01
Retinol RE (RE)	0	Poly Fats	
Beta-Carotene (mcg)	0.00	Omega 3 Fatty Acid (g)	0.00
Vitamin B1 (mg)	0.01	Omega 6 Fatty Acid (g)	0.00
Vitamin B2 (mg)	0.01	Other Nutrients	
Vitamin B3 (mg)	0.06	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.06	Caffeine (mg)	0
Vitamin B6 (mg)	0.00	Choline (mg)	0.01