

Opa's Nutritional Analysis

Pizza-Sauce-60 gr/Serving (1/4 cup)	Label requir. g/ Serving
Calories	81
Fat	5
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	10 mg
Total Carb	9
Fiber	1
Sugar	6
Added sugar	3
Protein	1

Compare to...

Ragu Homestyle

35
0.5
0
0
0
250 mg
6
2
5
2

Opa's Nutritional Analysis

Compare to...

Honey Mustard - 5 g/ Serving (1 tsp)	Label requir. g/ Serving
Calories	12
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	0.3 mg
Total Carb	2
Fiber	0
Sugar	3
Added sugar	3
Protein	0

Inglehofer

15

0

35 mg

2

2

0

Opa's Nutritional Analysis

Compare to...

Medium Salsa - 30g/ Serving (2 Tbl)	Label requir. g/ Serving
Calories	19
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	7 mg
Total Carb	4
Fiber	0
Sugar	3
Added sugar	0
Protein	1

Tostito's

10

0

250 mg

2

1

2

0

Opa's Nutritional Analysis

Compare to...

Hot Salsa - 30g/ Serving (2 Tbl)	Label requir. g/ Serving
Calories	19
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	7 mg
Total Carb	4
Fiber	0
Sugar	3
Added sugar	0
Protein	1

Pace Hot Chunky

10
0
0
0
0
230 mg
3
0.5
2
0
0

Opa's Nutritional Analysis

Compare to...

Steak Sauce-15 g/ Serving (1 tsp)	Label requir. g/ Serving
Calories	20
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	25 mg
Total Carb	5
Fiber	0
Sugar	4
Added sugar	1
Protein	0

A-1

16

0

280 mg

3

2

0

Opa's Nutritional Analysis

Compare to...

Mustard - 5 g/ Serving (1 tsp)	Label requir. g/ Serving
Calories	10
Fat	1
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	0.3 mg
Total Carb	1
Fiber	0
Sugar	0
Added sugar	0
Protein	1

French's

0

0

0

0

0

55 mg

0

0

0

0

0

Opa's Nutritional Analysis

Compare to...

Salsa - 30g/ Serving (2 Tbl)	Label requir. g/ Serving
Calories	20
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	7 mg
Total Carb	5
Fiber	0
Sugar	3
Added sugar	0
Protein	1

Tostito's

10

0

210 mg

2

1

2

0

Opa's Nutritional Analysis

Compare to...

Sweet Tangy Ketchup - 17g/ Serving (1 Tbl)	Label requir. g/ Serving
Calories	15
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	2 mg
Total Carb	4
Fiber	1
Sugar	3
Added sugar	2
Protein	0

Hela

23

0.1

0

400 mg

5.3

4.9

0.1

Opa's Nutritional Analysis

Compare to...

BBQ Sauce - 32g/ Serving (2 Tbl)	Label requir. g/ Serving
Calories	45
Fat	0
Saturated Fat	0
Trans fat	0
Cholesterol	0
Sodium, mg	8 mg
Total Carb	11
Fiber	0
Sugar	10
Added sugar	5
Protein	1

Sweet Baby Ray's

70
0
0
0
0
290 mg
18
0
17
16
0