

99488 CONESTOGA LOW SODIUM POULTRY GRAVY MIX

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 tbsp (5g) (1/4 cup prepared) | |
| Servings Per Container 34 | |
| Amount Per Serving | |
| Calories 25 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 0g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 0% | • Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

INGREDIENTS: FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, CORN SYRUP SOLIDS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, CHICKEN MEAT (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), SALT, BUTTERMILK, CHICKEN FAT (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), YEAST EXTRACT

**Contains less than 2%:
DEHYDRATED CHICKEN STOCK, CHICKEN, CHICKEN BROTH, ONION, NATURAL AND ARTIFICIAL FLAVORS, NONFAT MILK, SUNFLOWER OIL, DEXTROSE, HYDROLYZED VEGETABLE PROTEIN (CORN), SODIUM CASEINATE (A MILK DERIVATIVE), SPICE, MONO & DIGLYCERIDES, DEHYDRATED BEEF STOCK, POTASSIUM CHLORIDE, SUGAR, MALTODEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM CITRATE, CARRAGEENAN, GUM ARABIC, DIPOTASSIUM PHOSPHATE, SPICE AND HERB, SUCCINIC ACID, COLOR ADDED.**

CONTAINS ALLERGENS: WHEAT, MILK

99484 CONESTOGA LOW SODIUM PEPPERED GRAVY MIX

| Nutrition Facts | | | |
|--|-----------------------------|------------------|-------------|
| Serving Size 1 1/3 tbsp (8g) (1/4 cup prepared) | | | |
| Servings Per Container 43 | | | |
| Amount Per Serving | | | |
| Calories 35 | Calories from Fat 20 | | |
| % Daily Value* | | | |
| Total Fat 2g | 3% | | |
| Saturated Fat 1g | 5% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 140mg | 6% | | |
| Potassium 35mg | 1% | | |
| Total Carbohydrate 5g | 2% | | |
| Dietary Fiber 0g | 0% | | |
| Sugars 1g | | | |
| Protein 0g | | | |
| Vitamin A 0% | • Vitamin C 0% | | |
| Calcium 0% | • Iron 0% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Potassium | | 3,500 mg | 3,500 mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | • Carbohydrate 4 | • Protein 4 |

INGREDIENTS: FOOD STARCH-MODIFIED, PALM OIL, MALTODEXTRIN, CORN SYRUP SOLIDS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, SALT

Contains less than 2%:

GUAR GUM, COLOR ADDED, SODIUM CASEINATE (A MILK DERIVATIVE), BLACK PEPPER, DIPOTASSIUM PHOSPHATE, MONO & DIGLYCERIDES, SODIUM CITRATE, POTASSIUM CHLORIDE, CARRAGEENAN, ARTIFICIAL FLAVOR

CONTAINS ALLERGENS: WHEAT, MILK

99486 CONESTOGA LOW SODIUM BROWN GRAVY MIX

| Nutrition Facts | | | |
|--|-----------------------------|---------|---------|
| Serving Size 1 tbsp (6g) (1/4 cup prepared) | | | |
| Servings Per Container 35 | | | |
| Amount Per Serving | | | |
| Calories 25 | Calories from Fat 10 | | |
| % Daily Value* | | | |
| Total Fat 1g | 2% | | |
| Saturated Fat 0g | 0% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 140mg | 6% | | |
| Total Carbohydrate 4g | 1% | | |
| Dietary Fiber 0g | 0% | | |
| Sugars 0g | | | |
| Protein 0g | | | |
| Vitamin A 0% | • Vitamin C 0% | | |
| Calcium 0% | • Iron 0% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

INGREDIENTS: FOOD STARCH-MODIFIED, MALTODEXTRIN, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, AUTOLYZED YEAST EXTRACT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY), SALT, NATURAL FLAVORS

**Contains less than 2%:
DEHYDRATED BEEF STOCK, BEEF FAT, ONION, CHICKEN FAT, DEHYDRATED CHICKEN STOCK, CORN SYRUP SOLIDS, POTASSIUM CHLORIDE, DEXTROSE, SUNFLOWER OIL, DISODIUM GUANYLATE, COLOR ADDED, DISODIUM INOSINATE, GELATIN, TBHQ (ANTIOXIDANT)**

CONTAINS ALLERGENS: MILK, SOY AND WHEAT