

**Full Report (All Nutrients) 45169560, WHOLE FOODS MARKET, KALE PESTO, UPC: 853594006121**

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**Report Date: August 23, 2019 09:29 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Sauce Club, LLC

| Nutrient                       | Unit | Data points | Std. Error | 2.0 Tbsp<br>28g | 1<br>Value<br>Per100 g |
|--------------------------------|------|-------------|------------|-----------------|------------------------|
| <b>Proximates</b>              |      |             |            |                 |                        |
| Energy                         | kcal | --          | --         | 110             | 393                    |
| Protein                        | g    | --          | --         | 2.00            | 7.14                   |
| Total lipid (fat)              | g    | --          | --         | 11.00           | 39.29                  |
| Carbohydrate, by difference    | g    | --          | --         | 1.00            | 3.57                   |
| Fiber, total dietary           | g    | --          | --         | 0.0             | 0.0                    |
| Sugars, total                  | g    | --          | --         | 0.00            | 0.00                   |
| <b>Minerals</b>                |      |             |            |                 |                        |
| Calcium, Ca                    | mg   | --          | --         | 20              | 71                     |
| Iron, Fe                       | mg   | --          | --         | 0.36            | 1.29                   |
| Sodium, Na                     | mg   | --          | --         | 160             | 571                    |
| <b>Vitamins</b>                |      |             |            |                 |                        |
| Vitamin C, total ascorbic acid | mg   | --          | --         | 4.8             | 17.1                   |
| Vitamin A, IU                  | IU   | --          | --         | 750             | 2679                   |
| <b>Lipids</b>                  |      |             |            |                 |                        |
| Fatty acids, total saturated   | g    | --          | --         | 1.999           | 7.140                  |
| Fatty acids, total trans       | g    | --          | --         | 0.000           | 0.000                  |
| Cholesterol                    | mg   | --          | --         | 5               | 18                     |

**Amino Acids**
**Other**
**Ingredients**

KALE, EXTRA-VIRGIN OLIVE OIL, AVOCADO PUREE (AVOCADO, SALT, CITRIC ACID, XANTHAN GUM, ASCORBIC ACID), IMPORTED PECORINO ROMANO CHEESE (SHEEP'S MILK, SALT, ENZYMES, CELLULOSE, CORN STARCH [TO PREVENT CAKING], PUMPKIN SEEDS, CILANTRO, GARLIC, LEMON JUICE CONCENTRATE, SEA SALT, BLACK PEPPER. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*