

MULLED WINE SPICES

Nutrition Facts

About 7 servings per container

Serving size 1 tsp (2g)

Amount Per Serving

Calories 5

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.14mg	0%
Potassium 21mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Allspice

Nutrition Facts

About 7 servings per container

Serving size 1 tsp (2g)

Amount Per Serving

Calories 5

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber < 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0.28mg	2%
Potassium 22mg	0%

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Ingredients: Cardamom

Nutrition Facts

About 7 servings per container

Serving size 2 sticks (8g)

Amount Per Serving

Calories 20

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.66mg	4%
Potassium 34mg	0%

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Ingredients: Cinnamon

Nutrition Facts

About 7 servings per container

Serving size 1 tsp (2g)

Amount Per Serving

Calories 5

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber < 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.18mg	0%
Potassium 22mg	0%

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Ingredients: Cloves

Nutrition Facts

About 8 servings per container

Serving size 1/2 nut (2g)

Amount Per Serving

Calories 10

% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 7mg	0%

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Ingredients: Nutmeg

Nutrition Facts

About 2.5 servings per container

Serving size 1 slice (8g)

Amount Per Serving

Calories 25

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0.06mg	0%
Potassium 57mg	2%

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Ingredients: Oranges

Nutrition Facts

About 14 servings per container

Serving size 2 stars (2g)

Amount Per Serving

Calories 10

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0.05mg	0%
Potassium 11mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Star Anise

SHELF LIFE: Recheck after 12 months under optimum storage conditions. Best if used within 2 years.

STORAGE CONDITIONS: Store in a clean, dry, cool place; away from direct light.

ALLERGENS: The manufacturing and packaging facilities handle nuts. These spices do not contain any known allergens or specific components, and are suitable for the following diets: Kosher, Vegetarian, Vegan, Lactose Free, & Gluten Free.

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