

# MATBOUKHA (SALSA)

## Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

<b>Calories</b>	87.3
<b>Total Fat</b>	3.8 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	918.3 mg
<b>Potassium</b>	257.7 mg
<b>Total Carbohydrate</b>	13.1 g
Dietary Fiber	3.8 g
Sugars	7.8 g
<b>Protein</b>	2.6 g
Vitamin A	24.2 %
Vitamin B-12	0.0 %
Vitamin B-6	5.2 %
Vitamin C	33.7 %
Vitamin D	0.0 %
Vitamin E	4.8 %
Calcium	4.6 %
Copper	4.9 %
Folate	1.1 %
Iron	9.8 %
Magnesium	3.4 %
Manganese	6.9 %
Niacin	4.0 %
Pantothenic Acid	0.6 %
Phosphorus	2.7 %
Riboflavin	2.8 %
Selenium	2.2 %
Thiamin	1.8 %
Zinc	1.5 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.