# Heinz 8ml Individual Pouch Ketchup

Heinz Ketchup is 'Canada's Favourite Ketchup'*. Heinz Ketchup is made from vine ripened tomatoes with just the right blend of spices added. Single Serve format is a perfect fit for take out and drive thru occassions.
*Direct Link December 2012

| SKU# | Description |
|---|---|
| 76000522 | Heinz Ketchup Individual Pouch |
| 76000548 | Heinz Ketchup Individual Pouch |


## Ingredients

tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices

Shelf Life: 12 months

**Nutrition Facts**
**Valeur nutritive**
Per 1 pouch (8 mL) / pour 1 sac (8 mL)

| Amount / Teneur | % Daily Value / % valeur quotidienne |
|---|---|
| **Calories / Calories** 10 | |
| **Fat / Lipides** 0 g | **0 %** |
| Saturated / saturés 0 g + Trans / trans 0 g | **0 %** |
| **Cholesterol / Cholestérol** 0 mg | |
| **Sodium / Sodium** 75 mg | **3 %** |
| **Carbohydrate / Glucides** 3 g | **1 %** |
| Fibre / Fibres 0 g | **0 %** |
| Sugars / Sucres 2 g | |
| **Protein / Protéines** 0.1 g | |
| Vitamin A / Vitamine A | 0 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 0 % |
| Iron / Fer | 0 % |

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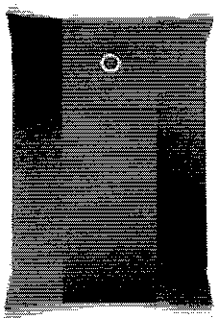
# Heinz® Ketchup Dispenser Pack

Heinz® Ketchup is the classic tomato condiment having a bright red color and rich flavor from a perfect blend of Heinz Tomatoes, corn syrups, vinegar, salt and Heinz blend of spices and flavors.

America's Favorite Ketchup® is a perfect complement for French fries, hot dogs, hamburgers and so much more. Heinz® Ketchup meets USDA standard for Grade A Ketchup.

| Variety | Package Size |
|---|---|
| 78000075 | Heinz® Ketchup 1.5 Gallon Dispenser Pack |
| 78002820 | Heinz® Ketchup 0.75 Gallon Dispenser Pack |

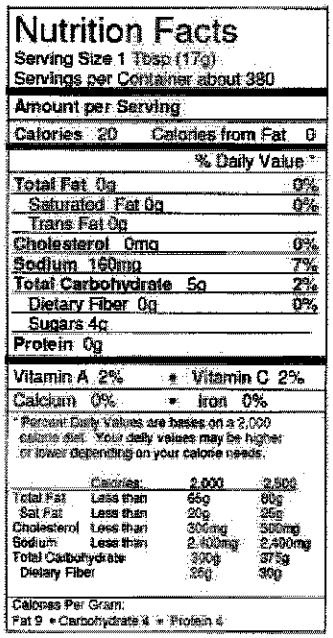


## Ingredients

tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.

Shelf life: 12 months

Servings Per Container
Variety 515500: About 380
Variety 692770: About 190



Nutrition Facts
Serving Size 1 Tbsp (17g)
Servings per Container about 380

| Amount per Serving | |
|---|---|
| Calories 20 | Calories from Fat 0 |
| | % Daily Value * |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 0g | 0% |
| Sugars 4g | |
| Protein 0g | |

| | |
|---|---|
| Vitamin A 2% | • Vitamin C 2% |
| 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories Per Gram:
Fat 9 • Carbohydrate 4 • Protein 4

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# Heinz® Ketchup #10 Pouch Pack

Our #10 Pouch Pack has a lower cost and is easier to use. Click here to learn more.

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America's Favorite Ketchup® is a perfect complement for French fries, hot dogs, hamburgers and so much more. Heinz® Ketchup meets USDA standard for Grade A Ketchup.


| Variety | Package Size |
|---|---|
| 78004364 | Heinz® Ketchup #10 Pouch Pack - 4 Count |
| 78000068 | Heinz® Ketchup #10 Pouch Pack - 6 Count |

## Ingredients

tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.

Shelf life: 12 months

Servings Per Container
Variety 555300: About 190
Variety 513700: About 760

**Nutrition Facts**
Serving Size 1 Tbsp (17g)
Servings per Container about 760

| Amount per Serving | |
|---|---|
| **Calories** 20 | Calories from Fat 0 |
| | % Daily Value * |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 160mg | 7% |
| **Total Carbohydrate** 5g | 2% |
| Dietary Fiber 0g | 0% |
| Sugars 4g | |
| **Protein** 0g | |

| | |
|---|---|
| Vitamin A 2% | • Vitamin C 2% |
| Calcium 0% | • Iron 0% |

* Percent Daily Values are bases 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 Sat |
| Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories Per Gram:
Fat 9 • Carbohydrate 4 • Protein 4

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