# Heinz® Light Mayonnaise 12 g Packet

smooth & creamy emulsion. This light mayonnaise is off-white in color with good "eggy" flavor. 2/3 less fat and 1/2 the calories of regular mayonnaise. This mayonnaise contains 40 calories and 3 grams of fat per 12g serving. Regular mayonnaise contains 80 calories and 9 grams of fat.

| Variety | Package Size |
|---|---|
| 78000712 | Heinz® Light Mayonnaise 200 ct - 12 g Packet |
| 78000713 | Heinz® Light Mayonnaise 500 ct - 12 g Packet |

## Ingredients

water, corn syrup, soybean oil, distilled white vinegar, modified corn starch*, egg yolks, enzyme modified egg yolk*, salt, potassium sorbate and sodium benzoate (as preservatives)*, onion powder, mustard flour, calcium disodium edta (added to protect flavor), natural flavor. (*ingredients not in regular mayonnaise)

Allergens: Eggs, Soy

Shelf Life: 180 days

**Nutrition Facts**

Serving Size 12g
Servings Per Container 1

| Amount Per Serving | |
|---|---|
| **Calories** 40 Calories from Fat 25 | |
| | % Daily Value * |
| **Total Fat** 3g | 5% |
| Saturated Fat 0g | 0% |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 0.5g | |
| Trans Fat 0g | |
| **Cholesterol** 5mg | 2% |
| **Sodium** 105mg | 4% |
| **Total Carbohydrate** 3g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 2g | |
| **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 |
| 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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