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JAKE & AMOS®

Amish Style Recipes

*Give thanks unto the Lord; for he is good;
for his mercy endureth for ever.*

Psalms 136:1

Ingredients: Sugar, Green Beans, Kidney Beans, Cauliflower, Wax Beans, Carrots, Northern Beans, Vinegar, Corn, Lima Beans, Celery, Onions, Red Bell Peppers, Cucumbers, Watermelon Rind, high fructose corn syrup, Salt, Spices, sodium, benzoate, Calcium Chloride, yellow #5

Allergen Statement: Manufactured in a facility that handles wheat, soy, eggs, milk, peanuts, and tree nuts



Refrigerate After Opening



Sweet & Sour Chow Chow

32 FL. OZ. (946ml)

Nutrition Facts

Serving Size 4 oz. (113g)
Servings per Container 8

Amount Per Serving

Calories 140 Calories from Fat 0

%DV*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 6%

Total Carbs 31g 10%

Dietary Fiber 5g 19%

Sugars 19g

Protein 4g

Vitamin A 6% Vitamin C 20%

Calcium 4% Iron 8%

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

JAKE & AMOS

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