

# Heinz® Dip & Squeeze™ Ketchup

Heinz® Ketchup is a rich and thick condiment made from concentrated tomatoes having a bright red color and good tomato flavor, corn syrups, vinegar, salt and spices.

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.

Heinz has reinvented the Ketchup packet with the innovative Dip & Squeeze™. Consumers can now choose to tear away one end to squeeze ketchup as a topping, or they can peel away the other end to create a dunking container!



Variety	Package Size
76000012	Heinz® Dip & Squeeze™ Ketchup 27g/500 ct Case
78000037	Heinz® Dip & Squeeze™ Ketchup 27g/300 ct Case

## Ingredients

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

Shelf life: 6 months

Nutrition Facts	
Serving Size 1 Pouch (27g)	
Servings per Container 1	
Amount per Serving	
<b>Calories</b> 30	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	10%
<b>Total Carbohydrate</b> 8g	3%
<b>Dietary Fiber</b> 0g	0%
<b>Sugars</b> 6g	
<b>Protein</b> 0g	
<b>Vitamin A</b> 3%	<b>Vitamin C</b> 3%
<b>Calcium</b> 0%	<b>Iron</b> 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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