



Goya Adobo All-Purpose Seasoning
(without pepper)



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made with salt, garlic powder, onion powder, oregano, paprika, disodium guanylate, disodium inosinate, coriander and cardamon

Nutrition Facts/Datos de Nutrición	
Serv. Size/Tamaño por Ración 1/4 tsp (1 g)	
Servings/Raciones por Envase about 340	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 0	Fat cal./Calorías de Grasa 0
% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total 0	0%
Saturated Fat/Grasa Saturada 0 g	0%
Trans Fat/Grasa Trans 0 g	
Polyunsat. Fat/ Grasa Poliinsat. 0 g	
Monounsat. Fat/Grasa Monoinsat. 0 g	
Cholesterol/Colesterol 0 mg	0%
Sodium/Sodio 340 mg	14%
Potassium/Potasio 0 mg	0%
Total Carb./Carbohidrato Total 0 g	0%
Fiber/Fibra 0 g	0%
Sugars/Azúcares 0 g	
Protein/Proteínas 0 g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: from bottle of Goya Adobo

Photo: courtesy of Ricardo Diaz, Nutrition and Health intern (7/11)

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