

# Calories in Traditional (Dark) Balsamic Vinegar (Any Flavor)

## Nutrition Facts

### VF - Traditional (Dark) Balsamic Vinegar (Any Flavor)

Servings: 1 1 Tblsp

<b>Calories</b>	10	<b>Sodium</b>	0 mg
<b>Total Fat</b>	0 g	<b>Potassium</b>	0 mg
Saturated	0 g	<b>Total Carbs</b>	2 g
Polyunsaturated	0 g	<b>Dietary Fiber</b>	0 g
Monounsaturated	0 g	<b>Sugars</b>	2 g
Trans	0 g	<b>Protein</b>	0 g
<b>Cholesterol</b>	0 mg		
<b>Vitamin A</b>	0%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	2%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Nutrition Facts

### VF - White Balsamic Vinegar (Any Flavor)

Servings: 1 1 Tblsp

<b>Calories</b>	10	<b>Sodium</b>	0 mg
<b>Total Fat</b>	0 g	<b>Potassium</b>	0 mg
Saturated	0 g	<b>Total Carbs</b>	3 g
Polyunsaturated	0 g	<b>Dietary Fiber</b>	0 g
Monounsaturated	0 g	<b>Sugars</b>	3 g
Trans	0 g	<b>Protein</b>	0 g
<b>Cholesterol</b>	0 mg		
<b>Vitamin A</b>	0%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	2%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### VF - Olive Oil (Any Flavor)

Servings: 1 1 Tblsp

<b>Calories</b>	120	<b>Sodium</b>	0 mg
<b>Total Fat</b>	14 g	<b>Potassium</b>	0 mg
Saturated	2 g	<b>Total Carbs</b>	0 g
Polyunsaturated	1 g	<b>Dietary Fiber</b>	0 g
Monounsaturated	10 g	<b>Sugars</b>	0 g
Trans	0 g	<b>Protein</b>	0 g
<b>Cholesterol</b>	0 mg		
<b>Vitamin A</b>	0%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.