



NUTRITION INFORMATION



	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Protein (g)	Vitamin A* %DV	Vitamin C* %DV	Calcium* %DV	Iron* %DV
PAM® Cooking Spray															
PAM Original	0.25	about 1/4 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Baking	0.27	about 1/5 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Butter	0.25	about 1/4 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Grilling	0.27	about 1/3 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Olive Oil	0.25	about 1/4 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Organic Canola Oil	0.27	about 1/3 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-
PAM Organic Olive Oil	0.27	about 1/5 second spray	0	0	0	0	0	0	0	0	0	-	-	-	-

*Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and sugars.

PAM® Original serving size is 0.25 g (a 1/4 second spray). A 1-second spray contains 1g fat and approximately 9 calories.

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product.

Visit www.ConAgraFoodsScienceInstitute.com for additional nutrition information.

