

HEY GRILL HEY NUTRITION FACTS

Hey Grill Hey sauces are available in 18 fl oz bottles and half gallon containers. Hey Grill Hey rubs are sold in 6oz and 10 oz bottles and a 2-pound refill bag.

Amounts below are based on a 2,000 daily calorie intake. This amount is used for general nutrition advice, but calorie needs vary.

Every effort is made to keep this information accurate; however, it is possible that ingredient or product changes may occur before this information is updated. Variations in natural ingredients may also occur.

NUTRITION

SAUCES

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Apple Jalapeño BBQ Sauce	32	30	0	0	0	0	70	8	0	5	2	0
Everything BBQ Sauce	32	35	0	0	0	0	240	8	0	4	4	0
Whiskey Peach BBQ Sauce	32	60	0	0	0	0	80	13	0	8	5	0
Maple Bourbon BBQ Glaze	26	90	0	0	0	0	190	23	0	23	21	0
Texas Style BBQ Sauce	32	25	0	0	0	0	90	6	0	6	2	1

RUBS

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Sweet Rub	1	5	0	0	0	0	90	1	0	0*	0*	0
Chicken Rub	1	0	0	0	0	0	180	0	0	0	0	0
Beef Rub	1	0	0	0	0	0	180	0	0	0	0	0
Fish & Veggie Rub	1	0	0	0	0	0	160	0	0	0	0	0
Fiesta Rub	1	0	0	0	0	0	150	0	0	0	0	0

*Not a significant amount of sugar or added sugar per serving.

