



NUTRITION INFORMATION



	Serving Size (g)	Calories	Fat Calories	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbohydrate (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
PAM® Cooking Spray																
PAM Original	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Baking	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Butter	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Grilling	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Olive Oil	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Organic Canola Oil	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Organic Olive Oil	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PAM Professional™	1/3 second spray	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

PAM® serving size is 0.27 g (a 1/3 second spray.) A 1-second spray contains <1g fat and approx. 7 calories.
 Nutrition information updated June 1, 2009. For most current information always check the Nutrition Facts panel on the product.

