

Nutrition Facts

Serving size 2 Tbsp (32g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 16g 21%

Saturated Fat 2.5g 13%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 7g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 230mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.