

Crazy Richards 26oz

Nutrition Facts

23 servings per container

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.