

Nutrition Facts

about 2 servings per container

Serving size 2 Tbsp (30g)**Amount Per Serving****Calories** **50**

% Daily Value*

Total Fat 3g **4%**Saturated Fat 0.4g **2%***Trans* Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 1.8g

Cholesterol 0mg **0%****Sodium** 105mg **5%****Total Carbohydrate** 5g **2%**Dietary Fiber 2g **7%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 2gVitamin D 0mcg **0%**Calcium 11.5mg **0%**Iron 0.6mg **4%**Potassium 58.2mg **2%**

*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.