

# 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** 115mg 5%**Total Carbohydrate** 5g 2%

Dietary Fiber 1g 4%

Total Sugars &lt;1g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 12.6mg 0%

Iron 0.6mg 4%

Potassium 58.9mg 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.