

# Nutrition Facts

Serving Size 2 Level Tbsp (9g)

Servings Per Container 32

**Amount Per Serving****Calories** 35**% Daily Value\*****Total Fat** 0.5g **1%**Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%****Sodium** 0mg **0%****Total Carbohydrate** 3g **1%**Dietary Fiber 2g **8%**

Sugars 0g

**Protein** 5g **10%**

Iron 2.8% • Vitamin D 0%

Thiamin 400% • Riboflavin 352.9%

Niacin 160% • Vitamin B6 300%

Folate 168.8% • Vitamin B12 233.3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g