

Nutrition Facts

Serving Size 2 Tbsp (21g)

Servings Per Container about 108

Amount Per Serving

Calories 60 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 190mg **8%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 2g

Vitamin A 2% • **Vitamin C 0%**

Calcium 0% • **Iron 4%**

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4