

Nutrition Facts

Serving Size: 3 Tbsp (16g)

Serving Per Container: About 14

Amount Per Serving

Calories: 60 Cal from Fat: 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 12g **4%**

 Sugars 1g

 Dietary Fiber 3g **11%**

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 60%

*Percent 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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g