

Nutrition Facts

Serving Size: 2 Tbsp (12g)

Serving Per Container: About 9

Amount Per Serving

Calories: 40 Cal from Fat: 5
% Daily Value*

Total Fat .5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 55mg **18%**

Sodium 240mg **10%**

Total Carbohydrate 1g **0%**

Sugars 0g

Dietary Fiber 2g **7%**

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 45% • Iron 40%

*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