

Nutrition Facts

32 servings per container

Serving size 1 Tbsp (7g)

Amount Per Serving

Calories **30**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.1125g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0.26mcg **2%**

Calcium 18.6mg **2%**

Iron 0.35mg **2%**

Potassium 89.2mg **2%**

Vitamin C **170%**

*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.