Nutrition Facts

Serving Size 2 tbsp (30g)
Servings Per Container about 8

Amount Per Serving

Calories 170 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22**%
Saturated Fat 2.5g	**13**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 3g	**12**%
Sugars 2g	
Protein 6g	

Vitamin A 2% • Vitamin C 0%

Calcium 2% • 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