

Nutrition Facts

11 servings per container

Serving size 1 Tablespoon (14g)

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.