

Nutrition Facts

8 servings per container

Serving size 2 tablespoons

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.616g 3%

Trans Fat 0.018g

Polyunsaturated Fat 2.325g

Monounsaturated Fat 0.987g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

Protein 3g 5%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.57mg 4%

Potassium 56mg 2%

*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.