

Nutrition Facts

About 14 servings per container

Serving size 2 Tbsp (30g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 280mg **12%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 0mg **0%**

Potassium 53mg **2%**

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4