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## Nutritional Facts

Serving Size: 1 ounce (28 grams)

|                          |       |               |
|--------------------------|-------|---------------|
| Calories                 |       | 190           |
|                          |       | % Daily Value |
| Total Fat                | 19g   | 29%           |
| Saturated Fat            | 3g    | 14%           |
| Trans Fat                | 0g    |               |
| Cholesterol              | 0mg   | 0%            |
| Sodium                   | 40mg  | 0%            |
| Total Carbohydrates      | 7g    | 2%            |
| Fiber                    | 5g    | 12%           |
| Total Sugars             | 0g    | 0%            |
| Includes 0% added sugars |       |               |
| Protein                  | 7g    |               |
| Vitamin D                | 0mcg  | 0%            |
| Calcium                  | 40mg  | 4%            |
| Iron                     | 1mg   | 6%            |
| Potassium                | 130mg | 3%            |

Ingredients: Hulled, Roasted and Ground (Sesame Seeds)

**Contains: Sesame**