

# Nutrition Facts

**Serving size**

**3 tbsp (39g)**

**Amount Per Serving**

**Calories**

**140**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

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.