

Nutrition Facts

Serving size

3 Tbsp (28g)

Amount per serving

Calories

160

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 4mg 20%

Potassium 297mg 6%

*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.