

Nutrition Facts

Serving size

2 Tbsp (26g)

Amount per serving

Calories

130

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 10g **4%**

Dietary Fiber 10g **36%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 132mg **10%**

Iron 2mg **10%**

Potassium 198mg **4%**

*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.

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