

# Nutrition Facts

Serving size

3 Tbsp (31g)

Amount per serving

**Calories**

**170**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0g **0%**

**Sodium** 10g **0%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 8g 29%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 56mg 4%

Iron 2mg 10%

Potassium 269mg 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.