

# Nutrition Facts

Serving size 2 Tbsp (8g)

Amount per serving

**Calories** **30**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g 0%

Trans Fat 0g

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

**Sodium** 15g **3%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g 7%

Total Sugars 0g 0%

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 141mg 4%

Thiamin 6mg 530%

Riboflavin 5mg 400%

Niacin 25mg 160%

Vitamin B6 3mg 190%

Folate 975mg 240%

Vitamin B12 9mg 390%

\*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.