

Nutrition Facts

Serving size

3 Tbsp (15g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 5g **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 4g 14%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 119mg 2%

*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.