Nutrition Facts

Serving Size 2 tbsp. (33g)
Servings Per Container 7

Amount Per Serving

Calories 20 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Protein 1g	

Vitamin A 2% • Vitamin C 15%

Iron 10% • Vitamin B6 20%

Vitamin B12 4%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.