

Nutrition Facts

Serving size

3 Tbsp (26g)

Amount per serving

Calories

150

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 2mg 10%

Potassium 182mg 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.