

Nutrition Facts

4 servings per container

Serving size

1 tablespoon

Amount Per Serving

Calories

10

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.1g	1%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1.8mg	10%
Potassium 37mg	0%

*The % Daily Value (DV) 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.