

Nutrition Facts

Serving size

2 tablespoons

Amount Per Serving

Calories

20

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.3g 2%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol < 5mg 1%

Sodium 95mg 4%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 61mg 4%

Iron 0mg 0%

Potassium 80mg 2%

*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.