

Nutrition Facts

Serving Size 1 Teaspoon (30g)

Amount per Serving

Calories 180

Calories from Fat 130

% Daily Value*

Total Fat 16g 34%

Saturated Fat 2 5g 10%

Trans Fat 5g

Cholesterol 5mg 9%

Sodium 140mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 9%

Sugars 2g

Protein 7g

Vitamin E 10% Iron 4%

Iron 20% Riboflavin 2%

Not a significant source of vitamin A, vitamin C and calcium.

*Percent Daily Values are based on a diet of 2,000 calories per day.

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