

Nutrition Facts

Serving Size - 2 tbsp (30ml)

Servings Per Container - 16

Amount Per Serving

Calories 30

Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 1g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: