

Nutrition Facts

16 servings per container

Serving size

2 tbsp (14g)

Amount Per Serving

Calories

60

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 3g **10%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 3.96mg 20%

Potassium 235mg 4%

Thiamin 0.168mg 15%

Niacin 1.6mg 10%

Folate 56mcg 15%

Biotin 23.1mcg 80%

Phosphorus 275mg 20%

Magnesium 176mg 40%

Zinc 1.98mg 20%

Copper 0.135mg 15%

Manganese 2.415mg 100%

*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.