

16 servings per container

**Serving size**

**2 tbsp (14g)**

**Amount Per Serving**

**Calories**

**50**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 8g **29%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

Vitamin D 0mcg 0%

Calcium 169mg 15%

Iron 1.44mg 8%

Potassium 235mg 4%

Vitamin C 0.9mg 0%

Thiamin 0.108mg 8%

Niacin 1.12mg 8%

Biotin 23.1mcg 80%

Phosphorus 200mg 15%

Magnesium 84mg 20%

Zinc 0.66mg 6%

Selenium 12.65mcg 25%

Copper 0.135mg 15%

Manganese 1.61mg 70%

Chromium 23.1mcg 70%