

24 servings per container

Serving size 2 Tbsp (14g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 2.7mg	15%
Potassium 94mg	2%
Vitamin E 0.3mg	2%
Thiamin (B1) 0.108mg	8%
Riboflavin (B2) 0.026mg	2%
Niacin (B3) 0.64mg	4%
Folate (B9) 16mcg	4%
Phosphorus 138mg	10%
Magnesium 67.2mg	15%
Zinc 0.99mg	8%
Copper 0.333mg	35%
Manganese 0.506mg	20%