

Nutrition Facts

16 servings per container

Serving size

2 tbsp (14g)

Amount Per Serving

Calories

60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 7.02mg	40%
Potassium 188mg	4%

*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.