

Nutrition Facts

24 servings per container

Serving size 2 tbsp (14g)

Amount Per Serving

Calories 75

	% Daily Value*
Total Fat 6g	9%
Saturated Fat <1g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.7g	
Omega-3 (ALA) 2775mg	
Omega-6 (LA) 925mg	
Monounsaturated Fat 1.3g	
Omega-9 (OA) 1300mg	
Cholesterol 0mg	0%
Sodium 3mg	<1%
Total Carbohydrate 4g	2%
Dietary Fiber 3g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 36.77mg	4%
Iron 0.46mg	3%
Potassium 80mg	3%
Thiamin 0.095mg	7%
Niacin 0.2mg	1%
Folate 4.72mcg	1%
Phosphorus 82.98mg	9%
Magnesium 28.33mg	7%
Selenium 1.38mcg	2%

*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.