

# Nutrition Facts

Serving Size:  tbsp. (30g)

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**Amount Per Serving**

Calories 190      Calories from Fat 150

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**% Daily Value\***

**Total Fat** 18g      **28%**

**Saturated Fat** 3g      **15%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 130mg      **5%**

**Potassium** 188mg      **5%**

**Total Carbohydrates** 6g      **2%**

**Dietary Fiber** 2g      **8%**

    Sugars 3g

**Protein** 6g

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Vitamin A      0%

Vitamin C      0%

Calcium      2%

Iron      6%

\* Percent Daily Values are based on a 2000 calorie diet.