

02/16/2013

Nutrition Facts

Serving Size 2 tablespoons

Servings Per Container 8

Amount Per Serving

Calories 180

Calories from Fat 140

% Daily Value*

Total Fat 16g

25%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 75mg

3%

Total Carbohydrate 6g

2%

Dietary Fiber 2g

8%

Sugars 3g

Protein 5g

Vitamin A 0%

Vitamin C 0%

Calcium 6%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4