

Honey PB (with sea salt) - The 3 Nuts

02/23/2013

Nutrition Facts			
Serving Size 2 tablespoons			
Servings Per Container 8			
Amount Per Serving			
Calories 160		Calories from Fat 110	
		% Daily Value*	
Total Fat 13g		20%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 70mg		3%	
Total Carbohydrate 9g		3%	
Dietary Fiber 2g		8%	
Sugars 7g			
Protein 5g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	
*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			