

02/16/2013

Nutrition Facts			
Serving Size 2 tablespoons			
Servings Per Container 8			
Amount Per Serving			
Calories 190		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 330mg		14%	
Total Carbohydrate 12g		4%	
Dietary Fiber 2g		8%	
Sugars 9g			
Protein 6g			
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			