

# Nutrition Facts

Serving Size 2 Tbsp (32g)

Servings Per Container  
about 11

**Calories** 190

Fat Cal. 160

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 18g	<b>28%</b>	<b>Sodium</b> 35mg	<b>1%</b>
Saturated Fat 2.5g	<b>13%</b>	<b>Potassium</b> 200mg	<b>6%</b>
<i>Trans</i> Fat 0g		<b>Total Carbohydrate</b> 7g	<b>2%</b>
Polyunsaturated Fat 5g		Fiber 2g	<b>8%</b>
Monounsaturated Fat 9g		Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
<b>Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 8%</b>			