

Nutrition Facts

Serving size 1 Tbsp (15g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 3g

Sodium 100mg **4%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.