

# Nutrition Facts

Serving size  
1 Tbsp (15g)

Calories  
per serving

**90**

Amount/serving	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0.1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Vitamin D 0mcg	0%
Potassium 0mg	0%

Amount/serving	% Daily Value*
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Calcium 85.8mg	6%
Iron 2.16mg	10%

\*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.