

Nutrition Facts

Serving size 1 tbsp (10g)

Amount per serving

Calories

40

% Daily Value*

Total Fat 0.5g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 8g **2%**

Dietary Fiber 5g **20%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0mg 0%

Potassium 80mg 2%

* 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.