

# Nutrition Facts

Serv. Size 2 Tbs (32g)  
Servings Per Container 14

**Calories** 200  
Fat Cal. 140

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

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 15g	<b>23%</b>	<b>Sodium</b> 40mg	<b>2%</b>
Sat. Fat 2g	<b>10%</b>	<b>Total Carb.</b> 7g	<b>2%</b>
<i>Trans</i> Fat 0g		Fiber 3g	<b>12%</b>
Polyunsat. Fat 4g		Sugars 2g	
Monounsat. Fat 7g		<b>Protein</b> 8g	
<b>Cholest.</b> 0mg	<b>0%</b>		

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%