

Nutrition Facts

Serving size 1 tablespoon (14g)

Amount Per Serving

Calories

60

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 0g 0%

Not a significant source of 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.