

SEEDS MIX

PEANUT BUTTER



Nutrition Facts

About 13 servings per container.

Serving size **2 Tbsp (30g)**

Amount per serving

Calories 170

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 11g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 5g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	

Vitamin D 0mcg 0% | **Calcium** 12mg 1%

Iron 1mg 2% | **Potassium** 220mg 5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS:

SPLIT ROASTED PEANUTS, MIX OF 9 SEEDS (FLAX, PEELED SUNFLOWER, CHIA, WHITE SESAME, WHOLE SESAME, BLACK SESAME, AMARANTH, POPPY, PUMPKIN).