

Nutrition Facts	
Serving Size 2 Tablespoons (30 g)	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 1 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 190 mg	8 %
Carbohydrate 4 g	2 %
Fibre 1 g	4 %
Sugars 3 g	
Protein 1 g	
Vitamin A	3 %
Vitamin C	2 %
Calcium	1 %
Iron	4 %
*Percentage Daily Values are based on a 2,000 calorie diet.	