Amount Per Serving Serving size 1 tbsp (10g) Amount Per Serving 50 Calories 50 **Daily Value* Total Fat 2g 3% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 480mg 20% Total Carbohydrate 9g 3% Dietay Fiber 2g 8% Total Sugars 0g Includes 0g added Sugars 0% Protein 1g 7% Iron 1.6mg 9% Calcium 71 mg 7% Iron 1.6mg 9% Potassium 127mg 4% * The \$5.0ay Values you how much a nuteren in a serving of coloronicates to adity and 2.000 calories a day is used for general nutrition advice.