

# Nutrition Facts

Serving size: tbsp

Servings: 7

Amount per serving

**Calories** **48**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 0.3g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 38mg **2%**

**Total Carbohydrate** 2.3g **1%**

Dietary Fiber 0.2g **1%**

Total Sugars 0.6g

**Protein** 0.4g

Vitamin D 0mcg **0%**

Calcium 8mg **1%**

Iron 0mg **2%**

Potassium 23mg **0%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**