

Nutrition Facts

Serving Size: 2 Tablespoons (15 grams)

Calories	55	
Calories from Fat	10	
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Amount Per Serving		% Daily Value*
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Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	18 mg	1%
Potassium	300 mg	8%
Total Carbohydrate	5 g	2%
Dietary Fiber	5 g	20%
Sugars	0 g	
Protein	7 g	
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Vitamin A	120 IU	2%
Vitamin C	2 mg	3%
Calcium	14 mg	1%
Iron	3.7 mg	20%
Thiamine (Vitamin B ₁)	110 mcg	7%
Riboflavin (Vitamin B ₂)	1.1 mg	65%
Niacin	5.5 mg	27%

* Daily values are based on a 2,000 calorie diet.

Ingredients: Torula Yeast.