

## TORULA YEAST POWDER

### Nutrition Facts

Serving Size: 2 Tablespoons (15 grams)

Amount per Serving		% Daily Value*
Calories	55	
Calories from fat 10		
Total Fat	1 g	1
Saturated Fat	0 g	0
Trans Fat	0 g	0
Cholesterol	0 g	0
Sodium	18 mg	1
Total Carbohydrates	5 g	2
Dietary Fiber	5 g	20
Sugars	0 g	
Protein	7 g	
Vitamin A	120 IU	2
Vitamin C	2 mg	3
Calcium	14 mg	1
Iron	3.7 mg	20
Thiamine (Vitamin B1)	110 mcg	7
Riboflavin (Vitamin B2)	1.1 mg	65
Niacin	5.5 mg	27

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.