

Crunchy Peanut Butter

Nutrition Facts

Serving Size 2 Tbsp (32g)

Servings Per Container 1

Amount Per Serving

Calories 200 Calories From Fat 144

		% Daily Value*
Total Fat	16g	25%
Saturated Fat	3g	17%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	110mg	5%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	12%
Sugars	4g	

Protein 7g

Vitamin A 0% ● Vitamin C 0%

Calcium 2% ● Iron 2%

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

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Crunchy Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil [Rapeseed and Cottonseed], Salt, Sugar) {Processed in a facility that also produces Tree Nuts}.

Allergy Information: Peanuts