

**18 oz. Crunchy
Peanut Butter Jars**

Nutrition Facts	
Serving Size 2 Tablespoons (32g)	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 190mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
Vitamin E 10% • Niacin 20%	
Folate 10% • Phosphorus 10%	
Magnesium 15% • Copper 10%	
Manganese 30%	
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN), SALT.

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