

TAHINA

Nutrition Facts

36 Servings

Amount Per Serving: 3 TB

Calories	124.0
Total Fat	23.4 g
Saturated Fat	3.3 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	130.1 mg
Potassium	9.2 mg
Total Carbohydrate	4.4 g
Dietary Fiber	2.3 g
Sugars	0.1 g
Protein	7.8 g
Vitamin A	0.7 %
Vitamin B-12	0.0 %
Vitamin B-6	0.3 %
Vitamin C	3.2 %
Vitamin D	0.0 %
Vitamin E	0.0 %
Calcium	0.3 %
Copper	0.3 %
Folate	0.2 %
Iron	0.5 %
Magnesium	0.3 %
Manganese	0.4 %
Niacin	0.1 %
Pantothenic Acid	0.1 %
Phosphorus	0.1 %
Riboflavin	0.1 %
Selenium	0.0 %
Thiamin	0.2 %
Zinc	0.1 %

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