

# Nutrition Facts

4.5 servings per container

**Serving size** 2 Tbsp (25g)

**Amount per serving**

**Calories** **110**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 17g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 7mg **40%**

Potassium 305mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Indications: crickets are a potential food allergen and are related to crustacean shellfish.