

# Nutrition Facts

Tahina

Serving size fl 5g)

Amount Per Serving

**Calories**

**90**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.1g	<b>6%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 1.26mg	8%
Potassium 47mg	0%
Thiamin	10%
Riboflavin	4%
Niacin	4%
Vitamin B6	0%
Folate	4%
Pantothenic Acid	0%
Phosphorus	8%
Magnesium	4%
Zinc	6%
Selenium	8%
Copper	25%
Manganese	10%

\*The % Daily Value (DV) 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.