



## Nutrition Facts

To Go Creamy Peanut Butter - From Jif

1.5 oz cup (43g)

Servings Per Container 8

### Amount Per Serving

Calories 250 Calories from Fat 190

### % Daily Value\*

Total Fat 22g	34%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrates 11g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Iron	6%

\* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.