NOW Nutritional Yeast Flakes, 10lb

Nutrition **Facts**

~504 servings per container

2 level Tbsp (9g) Serving size Amount Per Serving

Calories

M Daily Value*

Total Fat < 0.5q

Saturated Fat 0g

<1% 0%

Trans Fat 0a

Cholesterol 0mg

0% 0% 1%

Sodium 0mg Total Carbohydrate 3a Dietary Fiber 2q

7% Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

10% Vitamin D 0mca 0% Calcium 6mg 0%

*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.

2%

4%

500%

460%

200%

350%

170%

580%

Iron 0.5ma

Thiamin

Niacin

Folate

Riboflavin

Vitamin B6

Vitamin B12

Potassium 180mg