

Nutrition Facts

Serving Size 1 - 1.5 oz cup (43g)

Servings Per Container 8

Amount Per Serving

Calories 250 Calories from Fat 180

% Daily Value*

Total Fat 22g **33%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Vitamin E 20% • Riboflavin 4%

Niacin 25%


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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

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Jif Peanut Butter Nutritional Guide

J Rink



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