

SIMPLY JIF® PEANUT BUTTER CONTAINS 2g SUGAR PER SERVING. REGULAR JIF® PEANUT BUTTER CONTAINS 3g SUGAR PER SERVING.

Nutrition Facts

Serv Size
2 Tbsp (31g)

Servings About 14

Calories 180
Fat Cal 130

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving

Total Fat 16g

Sat Fat 2.5g

Trans Fat 0g

Cholest 0mg

Sodium 65mg

%DV*

24%

14%

0%

3%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%

Vitamin E 10% • Riboflavin 2% • Niacin 20%

Amount/Serving

Total Carb 7g

Fiber 2g

Sugars 2g

Protein 7g

%DV*

2%

9%

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

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ORVILLE, OH 44667 USA

QUESTIONS? COMMENTS? CALL TOLL-FREE 1-800-283-8915

GLUTEN FREE

LOOK FOR THE FLAVOR SEAL
CONTAINS NO PRESERVATIVES
NO REFRIGERATION REQUIRED

THIS PACKAGE IS RECYCLABLE.
HOWEVER, RECYCLING PROGRAMS FOR THIS
PACKAGE MAY NOT EXIST IN YOUR AREA.

BEST IF USED

30g

69524001

Jif Peanut Butter Nutritional Guide

M Tight



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