

Nutrition Facts

Serving Size 3.5 oz (100g)

Amount Per Serving

Calories 60

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 650mg **27%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 12g **24%**

Vitamin A 4%

Vitamin C 0%

Calcium 4%

Iron 2%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g