

Nutrition Facts

Serving size

3 oz (54g)

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 840mg 37%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 14g 28%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.36mg 2%

Potassium 0mg 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.