

Nutrition Facts

Serving size

2 oz. (56g)

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 510mg **22%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.