

Nutrition Facts

Serving size

3 oz (84g)

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 830mg 36%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 14g 28%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.72mg 4%

Potassium 0mg 0%

Vitamin A 0%

Vitamin C 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.