

Nutrition Facts

Serving size 20 oz. (56g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 700mg 30%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 4g 8%

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.