

Nutrition Facts

Serving size 3 oz cooked (85g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 22g 44%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1.8mg 10%

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.