

Canned Original Smoked Oysters

Nutrition Facts

Serving Size 55 g

Servings per Container 1.5

Amount per Serving

Calories 110 Calories from Fat 35

% Daily Value

Total Fat 4 g **6%**

Saturated Fat 1 g **5%**

Cholesterol 35 mg **12%**

Sodium 730 mg **30%**

Total Carbohydrate 6 g **2%**

Dietary Fiber 0 g **0%**

Sugars 0 g

Protein 13 g

Vitamin A 0% **Vitamin C** 0%

Calcium 0% **Iron** 45%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 ▪ Carbohydrate 4 ▪ Protein 4