

Nutrition Facts

Serving Size 1 serving (55g)

Servings Per Container 1.5

Amount Per Serving

Calories 110

Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 730mg **30%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 13g **26%**

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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