

Nutrition Facts Servings: 1, **Serv. size: 1 Can drained (72g),**
amount per serving: **Calories 220, Total Fat** 15g (19% DV), Sat. Fat 4g
(20% DV), *Trans* Fat 0g, **Cholest.** 55mg (18% DV), **Sodium** 620mg (27% DV),
Total Carb. 4g (1% DV), Fiber:1g (1% DV), Total Sugars 2g (Incl. 2g Added
Sugars, 4% DV), **Protein** 15g, Vit. D (30% DV), Calcium (20% DV), Iron (60%
DV), Potas. (60% DV).