

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **8%**

Trans Fat g

Cholesterol 135mg **45%**

Sodium 110mg **5%**

Total Carbohydrate 0mg **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 14g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 4%

Thiamin 0% • **Riboflavin** 0%

Niacin 0% • **Vitamin B₆** 0%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4