

Nutrition Facts

Serving Size 2 oz drained (56 g - about 1/4 cup)

Servings Per Container 24

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsat. Fat 0g

Monounsatur. Fat 0g

Cholesterol 30mg **10%**

Sodium 250mg **10%**

Potassium 90mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 11g **20%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

Vitamin D 8% • Niacin 20%

Vitamin B-6 10% • Vitamin B-12 30%

Phosphorus 10% • Selenium 40%