

Nutrition Facts

Serving size 3 ounces (85g)

Amount Per Serving

Calories 80

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

