

# Nutrition Facts

**Serving size** (100g)

**Amount Per Serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0.3g **2%**

*Trans* Fat 0g

**Cholesterol** 90mg **30%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 26g **52%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.