

Serving Size 3 oz 85g (85 g)

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Amount Per Serving

Calories 95

Calories from Fat 12

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g	1%
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Trans Fat

Cholesterol 59mg	20%
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Sodium 150mg	6%
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Total Carbohydrate 2g	1%
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Dietary Fiber 0g	0%
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Sugars

Protein 18g

Vitamin A	0% • Vitamin C	3%
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Calcium	4% • Iron	6%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.