

Nutrition Facts

Serving Size 4 Oz. Raw (112g)
Servings Per Container About 4

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value**

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 170mg **57%**

Sodium 160mg **7%**

Total Carbohydrate 1g **1%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 23g

Vitamin A *% • Vitamin C *%

Calcium 6% • Iron 10%

* Contains less than 2 percent of the daily value of this nutrient.

** 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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4