

Nutrition Facts

About 10 servings per container

Serving size **5oz (140g)**

Amount per serving

Calories **150**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

*Trans*Fat 0g

Cholesterol 80mg **27%**

Sodium 710mg **31%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 27g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 2mg 10%

Potassium 1mg 0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.