

# Nutrition Facts

About 12 servings per container

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

**Amount per serving**

**Calories** **160**

**% Daily Value\***

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 820mg **36%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 1g Added Sugars **1%**

**Protein** 24g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 15mg 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.