

# Nutrition Facts

About 14 servings per container

**Serving size** 4oz (113g)

**Amount per serving**

**Calories** 80

**% Daily Value\***

**Total Fat** 5g 6%

Saturated Fat 1g 5%

*Trans*Fat 0g

**Cholesterol** 60mg 20%

**Sodium** 90mg 4%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 25g

Vitamin D 16mcg 80%

Calcium 10mg 0%

Iron 0.5mg 2%

Potassium 415mg 8%

\* 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.