Nutrition Facts

Serving Size 1oz (28g)
Servings Per Container About 2

Amount Per Serving

Calories 70 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 12g	24%

Vitamin A 0% • Vitamin C 2%

Calcium 1% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs