

Dried Oyster

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories 96

	% Daily Value*		
Total Fat	0	g	1%
Saturated Fat	0	g	0%
<i>Trans</i> Fat	0	g	
Cholesterol	0	mg	0%
Sodium	45	mg	2%
Total Carbohydrate	19	g	7%
Dietary Fiber	10	g	36%
Total sugars	0	g	
Added sugars	0	g	0%
Protein	3	g	
Vitamin D	132	mcg	661%
Calcium	10	mg	1%
Iron	3	mg	14%
Potassium	866	mg	18%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.