

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 2.4

Amount Per Serving

Calories 235

Calories from Fat 26

% Daily Values*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 90mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 30g **60%**

Calcium 1%



Iron 15%

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

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|--------|--------|
| Total Fat | Less than | | 65g | 80g |
| Sat Fat | Less than | | 20g | 25g |
| Cholesterol | Less than | | 300mg | 300mg |
| Sodium | Less than | | 2400mg | 2400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |