

# Nutrition Facts

3 servings per container

**Serving size** 2 oz (56g)

Amount per serving

**Calories** **190**

**% Daily Value\***

**Total Fat** 12g **16%**

Saturated Fat 5g **25%**

*Trans* Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 835mg **36%**

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

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 13g

Vit. D 0mcg 0% • Calcium 63mg 5%

Iron 0.5mg 3% • Potas. 237mg 5%

\* The % Daily Value (DV) 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.