

Nutrition Facts

Serving size

4 ounces

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 60mg **20%**

Sodium 150mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 15g **30%**

Vitamin D 0.6mcg **4%**

Calcium 16mg **2%**

Iron 2mg **10%**

Potassium 141mg **4%**

*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.