

Nutrition Facts

13 servings per container

Serving size

3 oz (85g)

Amount Per Serving

Calories

110

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0.655g **3%**

Trans Fat 0.034g

Polyunsaturated Fat 0.272g

Monounsaturated Fat 0.825g

Cholesterol 30mg **10%**

Sodium 420mg **18%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Total Sugars 11g

Includes 8g Added Sugars **15%**

Sugar Alcohol 0g

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 6.846mg **0%**

Iron 0.502mg **2%**

Potassium 60mg **2%**

*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.