

Nutrition Facts

Serving Size 1/3 cup (56g)
Servings about 3

Calories 90
Fat Cal. 20

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	Total Carb. 0g	0%
Sat. Fat 1g	5%	Fiber 0g	0%
<i>Trans</i> Fat 0.5g		Sugars 0g	
Cholest. 10mg	3%	Protein 17g	
Sodium 200mg	8%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			