

Nutrition Facts Servings: 1, **Serv. size: 1 Can drained (84 g),**

Amount per serving: **Calories 200**, **Total Fat** 14g (18% DV), Sat. Fat 3g (15% DV), *Trans* Fat 0g, **Cholest.** 35mg (12% DV), **Sodium** 340mg (15% DV), **Total Carb.** 0g (0% DV), Fiber:0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 18g, Vit. D (20% DV), Calcium (20% DV), Iron (10% DV), Potas. (8% DV).