

Nutrition Facts

Serving Size

serving (112g)

Amount per serving

Calories

100cals

% Daily Value

Total Fat 4g 5%

Protein 14g 28%

Saturated Fat 1.5g 7%

Cholesterol 135mg 45%

Trans Fat 0g

Sodium 110mg 5%

Total Carbs 0g

Vitamin A 0mcg

Net Carbs 0g

Vitamin C 0mg

Dietary Fiber 0g

Calcium 80mg 6%

Total Sugars 0g

Iron 0.7mg 4%