

Nutrition Facts

Serving size

1 Ounce (28g)

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 2.4g

Monounsaturated Fat 1.4g

Cholesterol 165mg **55%**

Sodium 420mg **18%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 3.6mcg 20%

Calcium 104mg 8%

Iron 3.96mg 20%

Potassium 94mg 2%

Vitamin A 6%

Vitamin E 6%

Vitamin K 0%

Thiamin 4%

Riboflavin 10%

Vitamin B6 6%

Folate 4%

Vitamin B12 110%

Pantothenic Acid 10%

Phosphorus 10%

Magnesium 25%

Zinc 2%

Selenium 30%

Copper 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.