

# Nutrition Facts

5 servings per container  
Serving size 3oz cooked (85g)

Amount per serving  
**Calories 60**

	% Daily Value*
Total Fat .5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 330mg	14%
Total Carbohydrate <1g	0%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 169mg	13%
Iron 0mg	0%
Potassium 0mg	0%

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.

