

Nutrition Facts

8 servings per container

Serving size 2 oz.

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 30mg 1%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.44mg 8%

Potassium 0mg 0%

Vitamin A 0%

Vitamin C 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.