

Nutrition Facts

4 servings per container

Serving size 4 oz. (112g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 17g 22%

Saturated Fat 5g 25%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 80mg 27%

Sodium 80mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 19g 38%

Vitamin D 0mcg 0%

Calcium 26mg 2%

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.