

Nutrition Facts (Unprepared)

4 Servings Per Container

Serving Size 3.0 oz (85.0 g)

Amount Per Serving

Calories 139.0

% Daily Value*

Total Fat 2.0g 3.0%

Saturated Fat 0.0g 0.0%

Trans Fat 0.0g

Cholesterol 80.0mg 27.0%

Sodium 390.0mg 16.0%

Total Carbohydrate 12.0g 4.0%

Dietary Fiber 0.0g 0.0%

Sugar 0.0g 0.0%

Added Sugar 0g 0%

Protein 25.0g 50.0%

Vitamin D 0.0µg 0.0%

Potassium 0.0mg 0.0%

Calcium 90.0mg 9.0%

Iron 8.1mg 45.0%

Vitamin A 75.0µg 5.0%

Vitamin C 6.6mg 11.0%

* 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.

Ingredients: Octopus Tentacles.