Nutrition Facts

Serving Size 1oz

Amount Per Serving	
Calories 70	Calories from Fat 50
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol	5%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	0%

^{*} The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.