

Nutrition Facts

about 10 servings per container
Serving size 2 oz (55 g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 11mcg	60%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 179mg	4%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4