

Nutrition Facts

3.5 servings per container

Serving size 1.94 oz (55g)

Amount Per Serving

Calories **45**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 44mg **4%**

Iron 1mg **6%**

Potassium 30mg **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.