

Nutrition Facts Servings: 3, **Serv. size: 1/4 cup (55 g),**

Amount per serving: **Calories 90**, **Total Fat** 4.5g (6% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 50mg (17% DV), **Sodium** 160mg (7% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 13g, Vit. D (40% DV), Calcium (12% DV), Iron (1% DV), Potas. (4% DV). %DV = %Daily Value.