

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

Amount per serving: **Calories 90**, **Total Fat** 4g (5% DV), **Sat. Fat** 1g (5% DV),
Trans Fat 0g, **Cholest.** 40mg (13% DV), **Sodium** 25mg (1% 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** (10% DV), **Iron** (1% DV), **Potas.** (5% DV).
%DV = %Daily Value.