

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

Amount per serving: **Calories 60**, **Total Fat** 1.5g (2% DV), Sat. Fat 0.4g (2% DV), Trans Fat 0g, **Cholest.** 30mg (10% DV), **Sodium** 140mg (6% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 11g, Vit. D (40% DV), Calcium (0% DV), Iron (2% DV), Potas. (4% DV). %DV = %Daily Value.