

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

Amount per serving: **Calories 70**, **Total Fat** 1.5g (2% DV), Sat. Fat 0.4g (2% DV), Trans Fat 0g, **Cholest.** 40mg (13% DV), **Sodium** 150mg (7% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 13g, Vit. D (80% DV), Calcium (0% DV), Iron (0% DV), Potas. (5% DV). %DV = %Daily Value.