

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

Amount per serving: **Calories 100**, **Total Fat** 5g (7% DV), **Sat. Fat** 1g (5% DV), **Trans Fat** 0g, **Cholest.** 40mg (13% DV), **Sodium** 125mg (5% 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** (10% DV), **Iron** (0% DV), **Potas.** (5% DV). %DV = %Daily Value.