

Nutrition Facts Servings: 1, **Serv. size: 1 can (70g),**

Amount per serving: **Calories 110**, **Total Fat** 3.5g (5%% DV), **Sat. Fat** 1g (5% DV), **Trans Fat** 0g, **Cholest.** 65mg (22% DV), **Sodium** 470mg (20% DV), **Total Carb.** 10g (4% DV), **Fiber** 2g (14% DV), **Total Sugars** 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 11g, **Vit. D** (0% DV), **Calcium** (1% DV), **Iron** (8% DV), **Potas.** (5% DV). %DV = %Daily Value.