

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

Amount per serving: **Calories 90**, **Total Fat** 3g (4% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, **Cholest.** 40mg (13% DV), **Sodium** 260mg (11% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 15g, Vit. D (40% DV), Calcium (2% DV), Iron (2% DV), Potas. (5% DV). %DV = %Daily Value.