

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

Amount per serving: **Calories 100**, **Total Fat** 6g (9% DV), **Sat. Fat** 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 25mg (8% DV), **Sodium** 290mg (12% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total Sugars** 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 11g, **Vit. D** (45% DV), **Calcium** (2% DV), **Iron** (0% DV), **Potas.** (5% DV). %DV = %Daily Value.