

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

Amount per serving: **Calories 140**, **Total Fat** 12g (16% DV), **Sat. Fat** 6g (30% DV), **Trans Fat** 0g, **Cholest.** 95mg (32% DV), **Sodium** 240mg (10% DV), **Total Carb.** 2g (1% DV), **Fiber** 0g (0% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 1% DV), **Protein** 8g, **Vit. D** (8% DV), **Calcium** (2% DV), **Iron** (3% DV), **Potas.** (3% DV). %DV = %Daily Value.