

Nutrition Facts

(Ready to Eat)

1 Servings Per Container

Serving Size **1 oz**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 14 g	18%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 110 mg	5%
Total Carbohydrate 6 g	2%
Dietary Fiber 3 g	11%
Sugar 1 g	
Added Sugar 1 g	0%
Protein 6 g	12%
Potassium 136 mg	2%
Calcium 24 mg	2%
Iron 1 mg	6%
Vitamin A 0 µg	0%
Vitamin C 0 mg	0%
Zinc 1 mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.