

# Nutrition Facts

Serving size

1/4 cup (19g)

Amount per serving

**Calories**

**70**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 10g **3%**

**Sodium** 45g **2%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 14g **28%**

Vitamin D 0mcg 0%

Calcium 64mg 4%

Iron 0mg 0%

Potassium 136mg 2%

\*The % Daily Value 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.