

NUTRITION FACTS

Serving Size 3 ounces

Servings Per Container Varied

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value

Total Fat 1.5g 2%

Saturated Fat .5g 2%

Cholesterol 40mg 13%

Sodium 820mg 34%

Total Carbohydrate 1g 0%

Sugar 1g

Dietary Fiber 0g 0%

Protein 15g

Vitamin A 0%

Vitamin C 6%

Calcium 0%

Iron 4%

* Percent Daily Values are based on a 2,000-calorie diet.

Your Daily Values may be Higher or Lower Depending on Your Calorie Needs.

Calories:	2,000	2,500
Total Fat Less than	65g	80g
Sat Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4