

Nutrition Facts

Serving size 1 oz. (28.35g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 9g 12%

Saturated Fat 6g 30%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 30mg 10%

Sodium 180mg 8%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vitamin D 0mcg 0%

Calcium 260mg 20%

Iron 0mg 0%

Potassium 0mg 0%

Vitamin A 8%

Riboflavin 4%

Vitamin B12 4%

Phosphorus 15%

Manganese 2%

*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.