

Nutrition Facts

Serving Size 1 piece (130 g)

Servings Per Container 4

Amount Per Serving

Calories 220

Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Cholesterol 80mg	27%
Sodium 980mg	41%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%

*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