

NUTRITIONAL FACTS

Nutrition Facts

5 Servings Per Container

Serving size 4oz (113g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 50mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 2mcg 10%

Calcium 5mg 0%

Iron 500mg 10%

Potassium 0.87mg 4%

* 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.