

# Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 3

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**Amount Per Serving**

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**Calories** 234

Calories from Fat 14

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**% Daily Values\***

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**Total Fat** 1.5g **2%**

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Saturated Fat 0.5g **3%**

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Trans Fat 0g

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**Cholesterol** 25mg **8%**

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**Sodium** 315mg **13%**

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**Total Carbohydrate** 46g **15%**

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Dietary Fiber 2.5g **10%**

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Sugars 0g

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**Protein** 9g **18%**

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