

Nutrition Facts

Serving Size 4oz (113 g)

Servings Per Container about 4

Amount Per Serving

Calories 262 Calories from Fat 60

		% Daily Value *
Total Fat	14g	21%
Saturated Fat	3g	16%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	600mg	25%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	17g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may vary 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	2400mg	2400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calorie per gram

Fat 9 • Carbohydrate 4 • Protein 4