

Nutrition Facts

Serving Size 2 cooked oz (56g)

Servings About 4

Amount Per Serving

Calories 180 Calories from Fat 140

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 6g **31%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 690mg **29%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 10g

Vitamin A 10% • Vitamin C 2%

Calcium 4% • Iron 6%

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