

Nutrition Facts

Servings About 4

Serving Size 2 oz Pan Fried (56g)

Amount per serving

Calories 180

Fat Cal. 140

% Daily Value*

Total Fat 15g 23%

Saturated Fat 6g 31%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 690mg 29%

Total Carbohydrate 0g 0%

Fiber 0g 0%

Sugars 0g

Protein 10g

Vit. A 10% • Calcium 4%

Vit. C 2% • Iron 6%

* 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.