

# 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.