

Nutrition Facts

Servings About 4

Serving Size 2 oz Pan Fried (56g)

Amount per serving

Calories 130

Fat Cal. 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 790mg 33%

Total Carbohydrate 1g 0%

Fiber 0g 0%

Sugars 0g

Protein 10g

Vit. A 25% • Calcium 4%

Vit. C 2% • Iron 4%

* 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.