

# Nutrition Facts

Servings About 2.5

**Serving Size**                **2 cooked oz (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.