

Nutrition Facts

Serving size 1 ounce (28g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.