

Nutrition Facts

Serving Size 1 large 50g (50 g)

Amount Per Serving

Calories 71

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 8%

Trans Fat

Cholesterol 211mg 70%

Sodium 70mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 6g

Vitamin A 5% • Vitamin C 0%

Calcium 3% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4