

# NUTRITION FACTS

**Serving Size** 3 ounces

Servings Per Container Varied

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Amount Per Serving

**Calories 80**

**Calories from Fat 10**

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% Daily Value

**Total Fat 1.5g** **2%**

**Saturated Fat .5g** **2%**

**Cholesterol 40mg** **13%**

**Sodium 820mg** **34%**

**Total Carbohydrate 1g** **0%**

**Sugar 1g**

**Dietary Fiber 0g** **0%**

**Protein 15g**

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**Vitamin A 0%**

**Vitamin C 6%**

**Calcium 0%**

**Iron 4%**

\* 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
Dietary Fiber	25g	30g

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Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4