



Nutrition Facts

Serving Size

1 medium (44g)

Calories **63**

% Daily Value *

Total Fat 4.2g **5%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Cholesterol 163.7mg **55%**

Sodium 62.5mg **3%**

Total Carbohydrate 0.3g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0.2g **0%**

Includes --g Added
Sugars **--%**

Protein 5.5g **11%**

Vitamin C 0mg **0%**

Vitamin D 0.9mcg **4%**

Iron 0.8mg **4%**

Calcium 24.6mg **2%**

Potassium 60.7mg **1%**

Phosphorus 87.1mg **7%**

*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.