



Nutrition Facts

Serving Size

1 large (50g)

Calories

72

% Daily Value *

Total Fat 4.8g	6%
Saturated Fat 1.6g	8%
<i>Trans</i> Fat 0g	
Cholesterol 186mg	62%
Sodium 71mg	3%
Total Carbohydrate 0.4g	0%
Dietary Fiber 0g	0%
Total Sugars 0.2g	0%
Includes --g Added Sugars	--%
Protein 6.3g	13%
Vitamin C 0mg	0%
Vitamin D 1mcg	5%
Iron 0.9mg	5%
Calcium 28mg	2%
Potassium 69mg	1%
Phosphorus 99mg	8%

*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.