

# Nutrition Facts

Serving Size 1 Link (91g)

Servings Per Container

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Amount Per Serving

**Calories 150**    **Calories from Fat 60**

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% Daily Value\*

**Total Fat 7g**                      **11%**

**Saturated Fat 2g**                  **9%**

    Trans Fat 0g

**Cholesterol 105mg**                **35%**

**Sodium 810mg**                    **34%**

**Total Carbohydrate 2g**          **1%**

**Dietary Fiber 1g**                  **2%**

    Sugars 1g

**Protein 20g**

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**Vitamin A 10%**      • **Vitamin C 2%**

**Calcium 2%**          • **Iron 6%**

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\*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4