Nutrition Facts

Serving Size 1 Link (113g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 80mg	**26%**
Sodium 880mg	**37%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 20g	

Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 6%

*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