

Nutrition Facts

Serving Size 5 oz. (142g)

Amount Per Serving

Calories 30 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 340mg **14%**

Potassium 1230mg **35%**

Total Carbohydrate 5g **2%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

Vitamin B12 40% • Iodine 300%

Magnesium 10% • Chromium 0%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4