

# Nutrition Facts

**Serving size** (100g)

**Amount Per Serving**

**Calories** **200**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

Omega-3 Fatty Acids 2g

**Cholesterol** 50mg **17%**

**Sodium** 40mg **2%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 21g **42%**

\*The % Daily Value 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.