

# Nutrition Facts

Serving Size 5 oz. (142g)

Amount Per Serving

**Calories 45**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 440mg**      **18%**

**Potassium 980mg**      **28%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 6g      **24%**

Sugars 0g

**Protein 5g**

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 0%

Vitamin B12 40%      • Iodine 1450%

Magnesium 15%      • 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