

## NUTRITIONAL DATA (BASED ON 159 G SERVING)

	Amount	% Daily Value
<b>Calories</b>	154	--
<b>Fat</b>	4g	6%
<b>Saturated Fat</b>	1g	4%
<b>Trans Fat</b>	0g	--
<b>Carbohydrate</b>	0g	0%
<b><u>Fibre</u></b>	0g	0%
<b>Sugars</b>	0g	0%
<b>Protein</b>	28g	--
<b>Cholesterol</b>	127mg	42%
<b>Sodium</b>	110mg	5%
<b>Potassium</b>	407mg	12%
<b>Calcium</b>	23.8mg	2%
<b>Iron</b>	1.3mg	7%

**NOTE:** These figures are representative only of the specific samples tested on product in the frozen state. Other lots of actual product may vary somewhat. Percent Daily Values are based on a 2,000 calorie diet.