

NUTRITIONAL DATA (BASED ON 3oz/85g SERVING)

	Amount	% Daily Value
Calories	99	--
Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	--
Carbohydrate	0g	0%
Fibre	0g	0%
Sugars	0g	0%
Protein	21g	--
Cholesterol	98 mg	--
Sodium	67 mg	3%
Potassium	263 mg	5%
Calcium	103 mg	10%
Iron	0.9 mg	5%

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.