

Nutrition Facts

4 servings per container

Serving size 2 Sticks (31.9g/1.13 oz)

Amount per serving

Calories 90

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g **15%**

Cholesterol 20mg 7%

Sodium 360mg 16%

Total Carbohydrate 1g 0%

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 6g

Iron 1mg 6%

Potassium 137mg 2%

Not a significant source of trans fat, dietary fiber, vitamin D and calcium.

*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.

Nutrition Facts

4 servings per container

Serving size 2 Sticks (31.9g/1.13 oz)

Amount per serving

Calories 80

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g **15%**

Cholesterol 20mg 7%

Sodium 340mg 15%

Total Carbohydrate 0g 0%

Protein 6g

Iron 1mg **6%**

Potassium 145mg **4%**

Not a significant source of trans fat, dietary fiber, total sugars, added sugars, vitamin D and calcium.

*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.

Nutrition Facts

4 servings per container

Serving size 2 Sticks (37.2g/1.31 oz)

Amount per serving

Calories 110

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3g **15%**

Cholesterol 20mg 7%

Sodium 450mg 20%

Total Carbohydrate 6g 2%

Total Sugars 5g

Includes 5g Added Sugars **10%**

Protein 6g

Iron 1mg **6%**

Potassium 146mg **4%**

Not a significant source of trans fat, dietary fiber, vitamin D and calcium.

*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.