Nutrition Facts

Serving Size 1 link (91g)
Servings Per Container 5

Amount Per Serving

Calories 120	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 730mg	**30%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 16g	

Vitamin A 10% • Vitamin C 2%

Calcium 2% • Iron 6%

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.

Pack: 1 lb

Nutrients	Per Serving	Per 100g
Basic Components		
Calories (kcal)	117.44	129.45
Calories from Fat (kcal)	36.91	40.68
Protein (g)	16.45	18.13
Carbohydrates (g)	3.31	3.65
Dietary Fiber (g)	0.87	0.96
Total Sugars (g)	1.54	1.70
Fat (g)	4.10	4.52
Saturated Fat (g)	1.13	1.25
Mono Fat (g)	1.30	1.44
Poly Fat (g)	0.90	0.99
Trans Fatty Acid (g)	0.01	0.02
Cholesterol (mg)	80.62	88.87
Water (g)	64.78	71.40
Gram Weight (g)	90.72	100.00
Ash (g)	2.64	2.91
Vitamins		
Vitamin A - IU (IU)	590.39	650.79
Vitamin B1 (mg)	0.08	0.09
Vitamin B2 (mg)	0.16	0.18
Vitamin B3 (mg)	4.78	5.27
Vitamin B6 (mg)	0.41	0.45
Vitamin B12 (mcg)	0.54	0.60

Pack: 1 lb

Nutrients	Per Serving	Per 100g
Vitamin C (mg)	1.07	1.18
Vitamin D - IU (IU)	0.83	0.92
Vitamin D - mcg (mcg)	0	0
Vitamin E - IU (IU)	0.85	0.94
Folate (mcg)	5.43	5.99
Vitamin K (mcg)	6.57	7.24
Pantothenic Acid (mg)	1.02	1.12
Minerals		
Calcium (mg)	17.92	19.76
Copper (mg)	0.08	0.08
Iodine (mcg)	0	0
Iron (mg)	0.95	1.05
Magnesium (mg)	24.42	26.92
Manganese (mg)	0.23	0.25
Phosphorus (mg)	162.77	79.42
Potassium (mg)	250.70	276.35
Selenium (mcg)	19.14	21.10
Sodium (mg)	725.93	800.20
Zinc (mg)	1.34	1.47
Poly Fats		
Omega 3 Fatty Acid (g)	0.06	0.06
Omega 6 Fatty Acid (g)	0.80	0.88

NUTRITIONAL ANALYSIS DONE BY INDEPENDENT LABORATORY; NUTRIDATA LABS; LAGUNA BEACH, CA.