

# Nutrition Facts

About 3 servings per container

**Serving size**

**6 Nuggets (55g)**

	Per 6 Nuggets	Per Baked Portion
<b>Calories</b>	<b>190</b>	<b>190</b>
	% DV*	% DV*
<b>Total Fat</b>	4g <b>5%</b>	4g <b>5%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	270mg <b>12%</b>	1090mg <b>47%</b>
<b>Total Carb.</b>	36g <b>13%</b>	36g <b>13%</b>
Dietary Fiber	2g <b>7%</b>	2g <b>7%</b>
Total Sugars	2g	2g
Incl. Added Sugars	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	3g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	10mg 0%	10mg 0%
Iron	0.4mg 2%	0.4mg 2%
Potassium	50mg 2%	50mg 2%

\* The % Daily Value (DV) 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.