

Nutrition Facts

Serving size 1 patty

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 2.5g

Cholesterol 130mg 43%

Sodium 340mg 15%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 18g 36%

Vitamin D 9mcg 45%

Calcium 214mg 15%

Iron 1mg 6%

Potassium 350mg 8%

*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.