

Canned BBQ Smoked Oysters

Nutrition Facts

Serving Size	55g		
Servings per Container	1.5		
Amount per Serving			
Calories	130	Calories from Fat	30
% Daily Value*			
Total Fat	3.5 g		5%
Saturated Fat	1.5 g		8%
Cholesterol	15 mg		5%
Sodium	820 mg		34%
Total Carbohydrate	14 g		5%
Dietary Fiber	3 g		12%
Sugars	4 g		
Protein	10 g		
Vitamin A	4%	Vitamin C	0%
Calcium	2%	Iron	35%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 ▪ Carbohydrate 4 ▪ Protein 4