Daily values are based on 2000 calorie diet and 155 lbs body weight. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history, and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. Data from USDA National Nutrient Database.