

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 520mg **22%**

Cholesterol 50mg **17%**

Total Carbohydrate 7g **3%**

Dietry Fibre 0g **0%**

Total Sugars 7g

Includes 0g Added Sugars **14%**

Protein 15g

Vitamin D 7mcg **35%**

Calcium 0mg **0%**

Iron 0.4mg **2%**

Potassium 125 mg **4%**

* 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