

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 410mg **18%**

Cholesterol 45mg **15%**

Total Carbohydrate 6g **2%**

Dietry Fibre 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **10%**

Protein 17g

Vitamin D 2mcg 10%

Calcium 10mg 1%

Iron 0.5mg 3%

Potassium 200 mg 6%

* 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