Nutrition Facts 3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving Calories

Total Fat 2.5g Saturated Fat 0.5g

Trans fat 0g Sodium 410mg

Cholesterol 45mg Total Carbohydrate 6g

Dietry Fibre 0g

Total Sugars 5g Includes 0g Added Sugars

Iron 0.5mg

general nutrition advice

Potassium 200 mg

Protein 17g

Vitamin D 2mcg

Calcium 10mg

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

10%

110

% Daily Value*

3%

3%

18%

15%

2%

0%

10%

1% 3% 6%