

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans fat 0g

Sodium 190mg **8%**

Cholesterol 25mg **8%**

Total Carbohydrate 5g **2%**

Dietry Fibre 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **10%**

Protein 10g

Vitamin D 8mcg 40%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 175 mg 5%

* 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