

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.1g **1%**

Trans fat 0g

Sodium 360mg **15%**

Cholesterol 30mg **10%**

Total Carbohydrate 8g **3%**

Dietry Fibre 0g **0%**

Total Sugars 8g

Includes 0g Added Sugars **16%**

Protein 16g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.75mg 4%

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