

# Nutrition Facts

3 servings per container

**Serving size** 1/4 cup (55 g)

Amount per serving

**Calories**

**110**

% Daily Value\*

**Total Fat** 8g **11%**

Saturated Fat 1.5g **8%**

*Trans* fat 0g

**Sodium** 25mg **1%**

**Cholesterol** 30mg **10%**

**Total Carbohydrate** 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 2mcg 10%

Calcium 10mg 1%

Iron 0.2mg 1%

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