

Nutrition Facts

1 servings per container

Serving size 1 can (110 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans fat 0g

Sodium 85mg **4%**

Cholesterol 55mg **18%**

Total Carbohydrate 3g **1%**

Dietry Fibre 1g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 3.5mg **19%**

Potassium 75 mg **2%**

* 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