

Nutrition Facts

1 servings per container

Serving size 1 can (284 ml)

Amount per serving

Calories

200

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 2g **11%**

Trans fat 0.1g

Sodium 1100mg **48%**

Cholesterol 20mg **7%**

Total Carbohydrate 30g **11%**

Dietry Fibre 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **3%**

Protein 10g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2.25mg 13%

Potassium 650 mg 19%

* 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