

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

90

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 160mg **7%**

Cholesterol 50mg **17%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 8mcg 40%

Calcium 150mg 12%

Iron 0.2mg 1%

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