

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 125mg **5%**

Cholesterol 40mg **13%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 16mcg 80%

Calcium 125mg 10%

Iron 0mg 0%

Potassium 160 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