

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans fat 0g

Sodium 35mg **2%**

Cholesterol 45mg **15%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 16mcg 80%

Calcium 175mg 13%

Iron 0.1mg 1%

Potassium 150 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