

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

70

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 95mg **4%**

Cholesterol 30mg **10%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 9mcg 45%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 175 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