

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

80

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.6g **3%**

Trans fat 0g

Sodium 510mg **21%**

Cholesterol 50mg **17%**

Total Carbohydrate 2g **1%**

Dietry Fibre 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **4%**

Protein 13g

Vitamin D 8mcg 40%

Calcium 0mg 0%

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