

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

70

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans fat 0g

Sodium 240mg **10%**

Cholesterol 30mg **10%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 10mcg 50%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 200 mg 6%

* 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