

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

150

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans fat 0g

Sodium 320mg **13%**

Cholesterol 30mg **10%**

Total Carbohydrate 6g **2%**

Dietry Fibre 4g **16%**

Total Sugars 2g

Includes 0g Added Sugars **4%**

Protein 15g

Vitamin D 7mcg **35%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 125 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