

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 0.4g **2%**

Trans fat 0g

Sodium 490mg **20%**

Cholesterol 40mg **13%**

Total Carbohydrate 2g **1%**

Dietry Fibre 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **4%**

Protein 10g

Vitamin D 16mcg 80%

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