

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 560mg **24%**

Cholesterol 50mg **17%**

Total Carbohydrate 1g **0%**

Dietry Fibre 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **4%**

Protein 15g

Vitamin D 9mcg 45%

Calcium 30mg 2%

Iron 0.5mg 3%

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