

# Nutrition Facts

1 servings per container

**Serving size** 1/8 cup (30 g)

Amount per serving

**Calories**

**45**

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

*Trans* fat 0g

**Sodium** 290mg **12%**

**Cholesterol** 20mg **7%**

**Total Carbohydrate** 1g **0%**

Dietry Fibre 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **6%**

**Protein** 7g

Vitamin D 2mcg 10%

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