

Nutrition Facts

1 servings per container

Serving size 100 g

Amount per serving

Calories

90

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans fat 0g

Sodium 70mg **3%**

Cholesterol 50mg **17%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 5mcg 25%

Calcium 10mg 1%

Iron 0.2mg 1%

Potassium 450 mg 13%

* 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