

Nutrition Facts

1 servings per container

Serving size 100 g

Amount per serving

Calories

130

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 75mg **3%**

Cholesterol 45mg **15%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 21g

Vitamin D 11mcg **55%**

Calcium 10mg **1%**

Iron 0.4mg **2%**

Potassium 350 mg **10%**

* 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