

Nutrition Facts

1 servings per container

Serving size 100 g

Amount per serving

Calories

190

% Daily Value*

Total Fat 12g **16%**

Saturated Fat 2g **10%**

Trans fat 0g

Sodium 50mg **2%**

Cholesterol 60mg **20%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.75mg 4%

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