

Nutrition Facts

1 servings per container

Serving size 100 g

Amount per serving

Calories

150

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans fat 0g

Sodium 45mg **2%**

Cholesterol 45mg **15%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 22g

Vitamin D 9mcg 45%

Calcium 40mg 3%

Iron 0.5mg 3%

Potassium 400 mg 12%

* 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