

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 290mg **13%**

Cholesterol 35mg **12%**

Total Carbohydrate 4g **1%**

Dietry Fibre 0g **0%**

Total Sugars 4g

Includes 0g Added Sugars **8%**

Protein 14g

Vitamin D 8mcg 40%

Calcium 10mg 1%

Iron 0.3mg 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