

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

120

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans fat 0g

Sodium 360mg **16%**

Cholesterol 30mg **10%**

Total Carbohydrate 2g **1%**

Dietry Fibre 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **6%**

Protein 15g

Vitamin D 7mcg **35%**

Calcium 20mg **2%**

Iron 0.5mg **3%**

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