

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

130

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 1620mg **70%**

Cholesterol 0mg **0%**

Total Carbohydrate 5g **2%**

Dietry Fibre 1g **7%**

Total Sugars 1g

Includes 0g Added Sugars **2%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0.5mg **3%**

Potassium 75 mg **2%**

* 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