

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 410mg **18%**

Cholesterol 30mg **10%**

Total Carbohydrate 1g **0%**

Dietry Fibre 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **2%**

Protein 14g

Vitamin D 4.2mcg 20%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 225 mg 7%

* 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