

Nutrition Facts

1 servings per container

Serving size 1 can (70g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 370mg **16%**

Cholesterol 65mg **22%**

Total Carbohydrate 4g **1%**

Dietry Fibre 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **1%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 2mg **11%**

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