

Nutrition Facts

1 servings per container

Serving size 1 can (70g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 3.5g **5%%**

Saturated Fat 1g **5%**

Trans fat 0g

Sodium 470mg **20%**

Cholesterol 65mg **22%**

Total Carbohydrate 10g **4%**

Dietry Fibre 2g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron 1.5mg 8%

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