

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

80

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 290mg **13%**

Cholesterol 35mg **12%**

Total Carbohydrate 1g **0%**

Dietry Fibre 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **2%**

Protein 13g

Vitamin D 16mcg 80%

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