

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans fat 0g

Sodium 290mg **12%**

Cholesterol 25mg **8%**

Total Carbohydrate 0g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 9mcg 45%

Calcium 20mg 2%

Iron 0mg 0%

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