

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

140

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 7g **35%**

Trans fat 0g

Sodium 120mg **5%**

Cholesterol 90mg **30%**

Total Carbohydrate 1g **0%**

Dietry Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 2.3mcg 10%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 100 mg 3%

* 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