

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

140

% Daily Value*

Total Fat 12g **16%**

Saturated Fat 6g **30%**

Trans fat 0g

Sodium 240mg **10%**

Cholesterol 95mg **32%**

Total Carbohydrate 2g **1%**

Dietry Fibre 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **1%**

Protein 8g

Vitamin D 1.4mcg **8%**

Calcium 30mg **2%**

Iron 0.5mg **3%**

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