

Nutrition Facts

2 servings per container

Serving size 2 pieces (30 g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.3g **2%**

Trans fat 0g

Sodium 530mg **23%**

Cholesterol 30mg **10%**

Total Carbohydrate 7g **3%**

Dietry Fibre 0g **0%**

Total Sugars 7g

Includes 0g Added Sugars **14%**

Protein 16g

Vitamin D 10mcg 50%

Calcium 7mg 1%

Iron 0.2mg 1%

Potassium 190 mg 6%

* 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