

Nutrition Facts

2 servings per container

Serving size 2 pieces (30 g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans fat 0g

Sodium 780mg **34%**

Cholesterol 40mg **13%**

Total Carbohydrate 3g **1%**

Dietry Fibre 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **4%**

Protein 16g

Vitamin D 9mcg 45%

Calcium 10mg 1%

Iron 0.5mg 3%

Potassium 200 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