

Nutrition Facts

1 serving per container

Serving size 1 serving (171g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 140mg 46%

Sodium 530mg 23%

Total Carbohydrate 14g 5%

Dietary Fiber < 1g 3%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0.34mcg (15 IU) 2%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 530mg 10%

* 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.