

Nutrition Facts

1 serving per container

Serving size 1 serving (170g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 340mg 15%

Total Carbohydrate 3g 1%

Dietary Fiber < 1g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 35g

Vitamin D 0.01mcg (1 IU) 0%

Calcium 17mg 2%

Iron 0.79mg 4%

Potassium 500mg 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.