

Nutrition Facts

1 serving per container

Serving size 1 serving (170g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2.5g 11%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 200mg 9%

Total Carbohydrate 13g 5%

Dietary Fiber < 1g 3%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0.08mcg (3 IU) 0%

Calcium 11mg 0%

Iron 1mg 8%

Potassium 50mg 2%

* 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.