

Nutrition Facts

1 serving per container

Serving size 1 serving (200g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 200mg 9%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0.14mcg (6 IU) 0%

Calcium 91mg 8%

Iron 0.83mg 4%

Potassium 55mg 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.