

Nutrition Facts

1 serving per container

Serving size 1 serving (111g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 60mg 19%

Sodium 420mg 18%

Total Carbohydrate 7g 3%

Dietary Fiber 0g 1%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg (0 IU) 0%

Calcium 3mg 0%

Iron 0.11mg 0%

Potassium 15mg 0%

* 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.