

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (170g)

Amount per serving

**Calories** 240

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 105mg 36%

**Sodium** 530mg 23%

**Total Carbohydrate** 9g 3%

Dietary Fiber < 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 1mcg (50 IU) 6%

Calcium 27mg 2%

Iron 0.64mg 4%

Potassium 300mg 6%

\* 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.