

Nutrition Facts

1 serving per container

Serving size 1 serving (158g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 6g 7%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1590mg 69%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 5%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg (0 IU) 0%

Calcium 209mg 15%

Iron 2mg 15%

Potassium 125mg 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.