

Nutrition Facts

1 serving per container

Serving size 1 serving (120g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 140mg 46%

Sodium 200mg 9%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0.34mcg (15 IU) 2%

Calcium 67mg 6%

Iron 4mg 20%

Potassium 350mg 8%

* 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.