

Nutrition Facts

1 serving per container

Serving size 1 serving (189g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 5g 7%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 85mg 29%

Sodium 690mg 30%

Total Carbohydrate < 1g 0%

Dietary Fiber 0g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0.68mcg (26 IU) 4%

Calcium 23mg 2%

Iron 0.48mg 2%

Potassium 410mg 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.