

Nutrition Facts

1 serving per container

Serving size 1 serving (173g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 170mg 57%

Sodium 650mg 28%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg (0 IU) 0%

Calcium 65mg 4%

Iron 2mg 10%

Potassium 5mg 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.