

Nutrition Facts

1 serving per container

Serving size 1 serving (201g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 75mg 26%

Sodium 270mg 12%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 31g

Vitamin D 0mcg (0 IU) 0%

Calcium 128mg 10%

Iron 1mg 8%

Potassium 65mg 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.