

Nutrition Facts

1 serving per container

Serving size 1 serving (172g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 12g 15%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 160mg 7%

Total Carbohydrate 6g 2%

Dietary Fiber < 1g 2%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg (13 IU) 0%

Calcium 13mg 2%

Iron 0.34mg 2%

Potassium 110mg 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.