

# Nutrition Facts

1 servings per container

**Serving Size**

**(100g)**

**Amount per serving**

**Calories**

**160**

**% Daily Value\***

**Total Fat** 11g **15%**

Saturated Fat 3.5g **15%**

*Trans Fat* 0g

**Cholesterol** 375mg **120%**

**Sodium** 125mg **6%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 13g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1mg 6%

Potassium 126mg 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 advice