

NUTRITIONAL DATA (BASED ON 100g/3.5oz SERVING)

	Amount	% Daily Value
Calories	93	--
Fat	1g	2%
Saturated Fat	0 g	1%
Trans Fat	0g	--
Carbohydrate	0g	0%
Fibre	0.4g	0%
Sugars	0g	0%
Protein	19g	--
Cholesterol	86 mg	29%
Sodium	51 mg	2%
Potassium	389 mg	8%
Calcium	110 mg	11%
Iron	1.3 mg	7%