



Nutrition Facts

Portion Size	85 g
Amount Per Portion	
Calories	20
	% Daily Value *
Total Fat 0.5g	1 %
Sodium 25mg	1 %
Total Carbohydrate 3g	1 %
Dietary Fiber 1g	4 %
Sugar 2g	
Protein 2g	4 %
Calcium 150mg	12 %
Iron 1.1mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.