



Nutrition Facts

Portion Size 230 g

Amount Per Portion

Calories 368

	% Daily Value *
Total Fat 34g	44 %
Saturated Fat 4.9g	25 %
Sodium 16mg	1 %
Total Carbohydrate 20g	7 %
Dietary Fiber 15g	54 %
Sugar 1.5g	
Protein 4.6g	9 %
Vitamin D 0mcg	0 %
Calcium 28mg	2 %
Iron 1.3mg	7 %
Potassium 1116mg	24 %

* 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.