



# Nutrition Facts

**Portion Size** 230 g

Amount Per Portion

**Calories** 368

|                               | % Daily Value * |
|-------------------------------|-----------------|
| <b>Total Fat</b> 34g          | <b>44 %</b>     |
| Saturated Fat 4.9g            | <b>25 %</b>     |
| <b>Sodium</b> 16mg            | <b>1 %</b>      |
| <b>Total Carbohydrate</b> 20g | <b>7 %</b>      |
| Dietary Fiber 15g             | <b>54 %</b>     |
| Sugar 1.5g                    |                 |
| <b>Protein</b> 4.6g           | <b>9 %</b>      |
| 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.