



Nutrition Facts

Portion Size	136 g
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Amount Per Portion

Calories	58
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	% Daily Value *
Total Fat 0.2g	0 %
Sodium 106mg	5 %
Total Carbohydrate 13g	5 %
Dietary Fiber 3.8g	14 %
Sugar 9.2g	
Protein 2.2g	4 %
Vitamin D 0mcg	0 %
Calcium 22mg	2 %
Iron 1.1mg	6 %
Potassium 442mg	9 %

* 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.