Nutrition Facts

Portion Size	**136 g**

Amount Per Portion

Calories	**58**

	% 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.