



# Nutrition Facts

Portion Size	144 g
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Amount Per Portion

Calories	62
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	% Daily Value *
<b>Total Fat</b> 0.7g	1 %
<b>Sodium</b> 1.4mg	0 %
<b>Total Carbohydrate</b> 14g	5 %
Dietary Fiber 7.6g	27 %
Sugar 7g	
<b>Protein</b> 2g	4 %
Vitamin D 0mcg	0 %
Calcium 42mg	3 %
Iron 0.9mg	5 %
Potassium 233mg	5 %

\* 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.