



Nutrition Facts

Portion Size 148 g

Amount Per Portion

Calories 84

	% Daily Value *
Total Fat 0.5g	1 %
Sodium 1.5mg	0 %
Total Carbohydrate 21g	8 %
Dietary Fiber 3.6g	13 %
Sugar 15g	
Protein 1.1g	2 %
Vitamin D 0mcg	0 %
Calcium 8.9mg	1 %
Iron 0.4mg	2 %
Potassium 114mg	2 %

* 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.