



Nutrition Facts

Portion Size	225 g
Amount Per Portion	
Calories	200
	% Daily Value *
Total Fat 0.7g	1 %
Saturated Fat 0.3g	2 %
Sodium 2.3mg	0 %
Total Carbohydrate 51g	19 %
Dietary Fiber 5.9g	21 %
Sugar 28g	
Protein 2.5g	5 %
Vitamin D 0mcg	0 %
Calcium 11mg	1 %
Iron 0.6mg	3 %
Potassium 806mg	17 %

* 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.