



Nutrition Facts

Portion Size	91 g
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Amount Per Portion

Calories	31
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	% Daily Value *
Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
Sodium 30mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2.4g	9 %
Sugar 1.6g	
Protein 2.6g	5 %
Vitamin D 0mcg	0 %
Calcium 43mg	3 %
Iron 0.7mg	4 %
Potassium 288mg	6 %

* 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.