



Nutrition Facts

Portion Size 170 g

Amount Per Portion

Calories 44

	% Daily Value *
Total Fat 0g	0 %
Sodium 49mg	2 %
Total Carbohydrate 8g	3 %
Dietary Fiber 3.1g	11 %
Sugar 3g	
Protein 3g	6 %
Calcium 41mg	3 %
Iron 0.7mg	4 %

* 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.