



# Nutrition Facts

<b>Portion Size</b>	<b>155 g</b>
<b>Amount Per Portion</b>	
<b>Calories</b>	<b>53</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0.3g	<b>0 %</b>
Saturated Fat 0.1g	<b>0 %</b>
<b>Sodium</b> 47mg	<b>2 %</b>
<b>Total Carbohydrate</b> 13g	<b>5 %</b>
Dietary Fiber 1.2g	<b>4 %</b>
Sugar 12g	
<b>Protein</b> 1.3g	<b>3 %</b>
Vitamin D 0mcg	0 %
Calcium 14mg	1 %
Iron 0.6mg	3 %
Potassium 243mg	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.