



Nutrition Facts

Portion Size	101 g
Amount Per Portion	
Calories	14
	% Daily Value *
Total Fat 0.2g	0 %
Sodium 81mg	4 %
Total Carbohydrate 3g	1 %
Dietary Fiber 1.6g	6 %
Sugar 1.4g	
Protein 0.7g	1 %
Vitamin D 0mcg	0 %
Calcium 40mg	3 %
Iron 0.2mg	1 %
Potassium 263mg	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.