



# Nutrition Facts

**Portion Size** 82 g

Amount Per Portion

**Calories** 21

	% Daily Value *
<b>Total Fat</b> 0.1g	0 %
<b>Sodium</b> 1.6mg	0 %
<b>Total Carbohydrate</b> 4.8g	2 %
Dietary Fiber 2.5g	9 %
Sugar 2.9g	
<b>Protein</b> 0.8g	2 %
Vitamin D 0mcg	0 %
Calcium 7.4mg	1 %
Iron 0.2mg	1 %
Potassium 188mg	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.