



# Nutrition Facts

**Portion Size** 155 g

Amount Per Portion

**Calories** 56

	% Daily Value *
<b>Total Fat</b> 0.2g	<b>0 %</b>
Saturated Fat 0.1g	<b>0 %</b>
<b>Sodium</b> 28mg	<b>1 %</b>
<b>Total Carbohydrate</b> 14g	<b>5 %</b>
Dietary Fiber 1.2g	<b>4 %</b>
Sugar 13g	
<b>Protein</b> 0.8g	<b>2 %</b>
Vitamin D 0mcg	0 %
Calcium 9.3mg	1 %
Iron 0.3mg	2 %
Potassium 353mg	8 %

\* 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.