



Nutrition Facts

Portion Size 21 g

Amount Per Portion

Calories 7.4

| | % Daily Value * |
|--------------------------------|-----------------|
| Total Fat 0.3g | 0 % |
| Sodium 11mg | 0 % |
| Total Carbohydrate 0.9g | 0 % |
| Dietary Fiber 0.9g | 3 % |
| Sugar 0.2g | |
| Protein 0.6g | 1 % |
| Vitamin D 0mcg | 0 % |
| Calcium 53mg | 4 % |
| Iron 0.3mg | 2 % |
| Potassium 73mg | 2 % |

* 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.