



Nutrition Facts

Portion Size	200 g
Amount Per Portion	
Calories	60
	% Daily Value *
Total Fat 0.4g	1 %
Sodium 4mg	0 %
Total Carbohydrate 21g	8 %
Dietary Fiber 5.6g	20 %
Sugar 3.4g	
Protein 1.4g	3 %
Vitamin D 0mcg	0 %
Calcium 66mg	5 %
Iron 1.2mg	7 %
Potassium 204mg	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.