



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.