



# Nutrition Facts

**Portion Size** 200 g

Amount Per Portion

**Calories** 58

	% Daily Value *
<b>Total Fat</b> 0.6g	1 %
Saturated Fat 0.1g	0 %
<b>Sodium</b> 4mg	0 %
<b>Total Carbohydrate</b> 19g	7 %
Dietary Fiber 5.6g	20 %
Sugar 5g	
<b>Protein</b> 2.2g	4 %
Vitamin D 0mcg	0 %
Calcium 52mg	4 %
Iron 1.2mg	7 %
Potassium 276mg	6 %

\* 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.