



# Nutrition Facts

**Portion Size** 180 g

Amount Per Portion

**Calories** 85

	% Daily Value *
<b>Total Fat</b> 0.2g	<b>0 %</b>
<b>Total Carbohydrate</b> 21g	<b>8 %</b>
Dietary Fiber 4.3g	<b>15 %</b>
Sugar 17g	
<b>Protein</b> 1.7g	<b>3 %</b>
Vitamin D 0mcg	0 %
Calcium 72mg	6 %
Iron 0.2mg	1 %
Potassium 326mg	7 %

\* 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.