



Nutrition Facts

Portion Size	143 g
---------------------	--------------

Amount Per Portion**54****Calories**

% Daily Value *

Total Fat 0.1g	0 %
-----------------------	------------

Sodium 1.4mg	0 %
---------------------	------------

Total Carbohydrate 12g	4 %
-------------------------------	------------

Dietary Fiber 2.7g	10 %
--------------------	-------------

Protein 1.2g	2 %
---------------------	------------

Calcium 21mg	2 %
--------------	-----

Iron 0.4mg	2 %
------------	-----

Potassium 260mg	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.