



## Nutrition Facts

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| <b>Portion Size</b> | <b>143 g</b> |
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**Amount Per Portion****54****Calories**

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**% Daily Value \***

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| <b>Total Fat</b> 0.1g | <b>0 %</b> |
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| <b>Sodium</b> 1.4mg | <b>0 %</b> |
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| <b>Total Carbohydrate</b> 12g | <b>4 %</b> |
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| Dietary Fiber 2.7g | <b>10 %</b> |
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| <b>Protein</b> 1.2g | <b>2 %</b> |
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| Calcium 21mg | 2 % |
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| Iron 0.4mg | 2 % |
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| Potassium 260mg | 6 % |
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\* 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.