



Nutrition Facts

Portion Size	143 g
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Amount Per Portion	
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	54
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Calories	
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% Daily Value *	
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Total Fat 0.1g	0 %
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Sodium 1.4mg	0 %
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Total Carbohydrate 12g	4 %
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Dietary Fiber 2.7g	10 %
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Protein 1.2g	2 %
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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.