



Nutrition Facts

Portion Size	60 g
Amount Per Portion	
Calories	22
	% Daily Value *
Total Fat 0.5g	1 %
Saturated Fat 0.1g	0 %
Sodium 34mg	1 %
Total Carbohydrate 3.8g	1 %
Dietary Fiber 2g	7 %
Sugar 0.5g	
Protein 1.8g	4 %
Vitamin D 0mcg	0 %
Calcium 83mg	6 %
Iron 3.7mg	21 %
Potassium 332mg	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.