



# Nutrition Facts

**Portion Size** **150 g**

Amount Per Portion

**Calories** **30**

	% Daily Value *
<b>Total Fat</b> 0.3g	<b>0 %</b>
Saturated Fat 0.1g	<b>0 %</b>
<b>Sodium</b> 4.5mg	<b>0 %</b>
<b>Total Carbohydrate</b> 7g	<b>3 %</b>
Dietary Fiber 2.6g	<b>9 %</b>
Sugar 3.6g	
<b>Protein</b> 1.3g	<b>3 %</b>
Vitamin D 0mcg	0 %
Calcium 15mg	1 %
Iron 0.5mg	3 %
Potassium 263mg	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.