



Nutrition Facts

Portion Size 28 g

Amount Per Portion

Calories 90

	% Daily Value *
Total Fat 5g	6 %
Saturated Fat 1g	5 %
Sodium 10mg	0 %
Total Carbohydrate 16g	6 %
Dietary Fiber 8g	29 %
Sugar 3g	
Protein 3g	6 %
Calcium 40mg	3 %
Iron 1.8mg	10 %

* 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.