



# Nutrition Facts

**Portion Size** 100 g

Amount Per Portion

**Calories** 23

	% Daily Value *
<b>Total Fat</b> 0.3g	0 %
Saturated Fat 0.1g	0 %
<b>Sodium</b> 22mg	1 %
<b>Total Carbohydrate</b> 4.5g	2 %
Dietary Fiber 0.9g	3 %
Sugar 0.6g	
<b>Protein</b> 1.4g	3 %
Vitamin D 0mcg	0 %
Calcium 19mg	1 %
Iron 0.6mg	3 %
Potassium 302mg	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.