



# Nutrition Facts

**Portion Size** 123 g

Amount Per Portion

**Calories** 64

	% Daily Value *
<b>Total Fat</b> 0.8g	1 %
<b>Sodium</b> 1.2mg	0 %
<b>Total Carbohydrate</b> 15g	5 %
Dietary Fiber 8g	29 %
Sugar 5.4g	
<b>Protein</b> 1.5g	3 %
Vitamin D 0mcg	0 %
Calcium 31mg	2 %
Iron 0.9mg	5 %
Potassium 186mg	4 %

\* 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.