



# Nutrition Facts

**Portion Size** 89 g

Amount Per Portion

**Calories** 28

	% Daily Value *
<b>Total Fat</b> 0.1g	<b>0 %</b>
<b>Sodium</b> 24mg	<b>1 %</b>
<b>Total Carbohydrate</b> 6.6g	<b>2 %</b>
Dietary Fiber 1.9g	<b>7 %</b>
Sugar 3.4g	
<b>Protein</b> 1.3g	<b>3 %</b>
Vitamin D 0mcg	0 %
Calcium 40mg	3 %
Iron 0.7mg	4 %
Potassium 216mg	5 %

\* 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.