



# Nutrition Facts

**Portion Size** 150 g

Amount Per Portion

**Calories** 48

	% Daily Value *
<b>Total Fat</b> 0.7g	1 %
Saturated Fat 0.1g	0 %
<b>Sodium</b> 15mg	1 %
<b>Total Carbohydrate</b> 10g	4 %
Dietary Fiber 5.6g	20 %
Sugar 5.8g	
<b>Protein</b> 2.6g	5 %
Vitamin D 0mcg	0 %
Calcium 17mg	1 %
Iron 1.3mg	7 %
Potassium 458mg	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.