



Nutrition Facts

Portion Size	30 g
Amount Per Portion	
Calories	6.9
	% Daily Value *
Total Fat 0.1g	0 %
Sodium 24mg	1 %
Total Carbohydrate 1.1g	0 %
Dietary Fiber 0.7g	2 %
Sugar 0.1g	
Protein 0.9g	2 %
Vitamin D 0mcg	0 %
Calcium 30mg	2 %
Iron 0.8mg	4 %
Potassium 167mg	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.