



Nutrition Facts

Portion Size 100 g

Amount Per Portion

Calories 31

	% Daily Value *
Total Fat 0.2g	0 %
Sodium 10mg	0 %
Total Carbohydrate 7.6g	3 %
Dietary Fiber 1.8g	6 %
Protein 0.6g	1 %
Calcium 12mg	1 %
Iron 0.3mg	2 %
Potassium 89mg	2 %

* 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.