



Nutrition Facts

Portion Size 154 g

Amount Per Portion

Calories 46

| | % Daily Value * |
|-------------------------------|-----------------|
| Total Fat 0.2g | 0 % |
| Sodium 1.5mg | 0 % |
| Total Carbohydrate 12g | 4 % |
| Dietary Fiber 0.6g | 2 % |
| Sugar 9.6g | |
| Protein 0.9g | 2 % |
| Vitamin D 0mcg | 0 % |
| Calcium 11mg | 1 % |
| Iron 0.4mg | 2 % |
| Potassium 172mg | 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.