



Nutrition Facts

Portion Size 150 g

Amount Per Portion

Calories 177

	% Daily Value *
Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
Sodium 14mg	1 %
Total Carbohydrate 42g	15 %
Dietary Fiber 6.2g	22 %
Sugar 0.8g	
Protein 2.3g	5 %
Vitamin D 0mcg	0 %
Calcium 26mg	2 %
Iron 0.8mg	4 %
Potassium 1224mg	26 %

* 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.