



Nutrition Facts

Serving Size:

1

large (323ggrams)

Amount Per Serving

Calories55

		% Daily Value*
Total Fat	1g grams	1% Daily Value
Saturated Fat	0.3g grams	1% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.3g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	26mg milligrams	1% Daily Value
Total Carbohydrates	10g grams	4% Daily Value
Dietary Fiber	3.2g grams	11% Daily Value
Sugars	8.1g grams	
Protein	3.9g grams	
Potassium	843mg milligrams	18% Daily Value

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.