



Nutrition Facts

Portion Size **88 g**

Amount Per Portion

Calories **38**

	% Daily Value *
Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
Sodium 22mg	1 %
Total Carbohydrate 7.9g	3 %
Dietary Fiber 3.3g	12 %
Sugar 1.9g	
Protein 3g	6 %
Vitamin D 0mcg	0 %
Calcium 37mg	3 %
Iron 1.2mg	7 %
Potassium 342mg	7 %

* 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.