



Nutrition Facts

Portion Size	122 g
Amount Per Portion	
Calories	37
	% Daily Value *
Total Fat 0.6g	1 %
Saturated Fat 0.1g	0 %
Sodium 35mg	2 %
Total Carbohydrate 7.3g	3 %
Dietary Fiber 3.7g	13 %
Sugar 1.5g	
Protein 2.4g	5 %
Calcium 8mg	1 %
Iron 4.3mg	24 %
Potassium 343mg	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.