



Nutrition Facts

Portion Size	197 g
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Amount Per Portion	87
Calories	
<hr/>	
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 2mg	0 %
Total Carbohydrate 20g	7 %
Dietary Fiber 4.3g	15 %
Protein 1.9g	4 %
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Calcium 33mg	3 %
Iron 0.5mg	3 %
Potassium 388mg	8 %

* 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.