



Nutrition Facts

Portion Size 100 g

Amount Per Portion

Calories 32

% Daily Value *

Total Fat 0.2g 0 %

Sodium 16mg 1 %

Total Carbohydrate 7.3g 3 %

Dietary Fiber 2.6g 9 %

Sugar 2.3g

Protein 1.8g 4 %

Vitamin D 0mcg 0 %

Calcium 72mg 6 %

Iron 1.5mg 8 %

Potassium 276mg 6 %

* 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.