



Nutrition Facts

Portion Size	150 g
--------------	-------

Amount Per Portion

Calories	80
----------	----

	% Daily Value *
Total Fat 0.5g	1 %
Saturated Fat 0.1g	0 %
Sodium 90mg	4 %
Total Carbohydrate 18g	7 %
Dietary Fiber 8.6g	31 %
Sugar 1.5g	
Protein 4.3g	9 %
Vitamin D 0mcg	0 %
Calcium 32mg	2 %
Iron 0.9mg	5 %
Potassium 429mg	9 %

* 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.