



# Nutrition Facts

**Portion Size** 150 g

Amount Per Portion

**Calories** 24

	% Daily Value *
<b>Total Fat</b> 0.1g	<b>0 %</b>
<b>Sodium</b> 32mg	<b>1 %</b>
<b>Total Carbohydrate</b> 5g	<b>2 %</b>
Dietary Fiber 3.3g	<b>12 %</b>
Sugar 1.7g	
<b>Protein</b> 2g	<b>4 %</b>
Vitamin D 0mcg	0 %
Calcium 246mg	19 %
Iron 0.9mg	5 %
Potassium 386mg	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.