



## Nutrition Facts

**Serving Size** 100 g

**Amount Per Serving**

**Calories**

**112**

**% Daily Values\***

<b>Total Fat</b>	0.2g	<b>0%</b>
Saturated Fat	0.041g	<b>0%</b>
<i>Trans</i> Fat	-	
Polyunsaturated Fat	0.083g	
Monounsaturated Fat	0.016g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	11mg	<b>0%</b>
<b>Total Carbohydrate</b>	26.46g	<b>10%</b>
Dietary Fiber	4.1g	<b>15%</b>
Sugars	0.4g	
<b>Protein</b>	1.5g	
Vitamin D	-	
Calcium	43mg	3%
Iron	0.55mg	3%
Potassium	591mg	13%
Vitamin A	4mcg	0%
Vitamin C	4.5mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.