

Nutrition Facts

servings per container

Serving size (148g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 0mg 0%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 15g

Added Sugars 0g 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 110mg 2%

Vitamin A 0mcg 0%

Vitamin C 14mg 15%

Manganese 0.5mg 20%

Vitamin K 29mcg 25%

* 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.