

Nutrition Facts

servings per container

Serving size 100g

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 66g 24%

Dietary Fiber 8g 29%

Total Sugars 57g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 1mg 6%

Potassium 540mg 11%

* 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.