

Nutrition Facts

Amount per serving 100g

Calories 40

Calories from Fat 4

%Daily Value*

Total Fat 0.4 g 0%

Saturated Fat 0 g 0%

Polyunsaturated Fat 0.2 g

Monounsaturated Fat 0 g

Cholesterol 0 mg 0%

Sodium 9 mg 0%

Total Carbohydrate 9 g 3%

Dietary Fiber 1.5 g 6%

Sugar 5 g

Protein 1.9 g

Vitamin A 19% Vitamin C 239%

Calcium 1% Iron 5%

*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs