Nutrition Facts

Serving Size 172 g

Amount Per Serving	
Calories 200	Calories from Fat 8
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
Protein 13g	

Vitamin A	1%	•	Vitamin C	1%
Calcium	4%	•	Iron	24%

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