

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 19g **7%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.