

Per 100 g.		
Calories	341	kcal
Moisture	9.0	g
Total Fat	1.9	g
Saturated	0.4	g
Trans Fat	0	g
Unsaturated	1.0	g
Cholesterol	0	mg
Sodium	10.3	mg
Total Carbohydrates	72.7	g
Fiber	12.2	g
Sugars	0.44	g
Added Sugars	0	g
Protein	13.6	g
Ash	1.56	g
Vitamin A	8.63	IU
Vitamin B	0	mg
Vitamin C	0	mg
Vitamin D	0	mg
Vitamin E	0	mg
Vitamin K	0	mcg
Calcium	32.6	mg
Iron	5.15	mg
Magnesium	0	mg
Potassium	417	mg

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