

Per 100 g.		
Calories	345	kcal
Moisture	9.9	g
Total Fat	4.9	g
Saturated	0.4	g
Unsaturated	0.9	g
Cholesterol	0	mg
Sodium	9.4	mg
Total Carbohydrates	73.4	g
Fiber	14.8	g
Sugars	0.4	g
Added Sugar	0	g
Protein	10.1	g
Ash	1.4	g
Vitamin A	8.4	IU
Vitamin B	0	mg
Vitamin C	0	mg
Vitamin D	0	mg
Vitamin E	0	mg
Vitamin K	0	mcg
Calcium	33.4	mg
Iron	5.02	mg
Magnesium	0	mg
Potassium	406	mg
Other (e.g., ethanol)	0	g

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