

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 234

Calories from Fat 39

% Daily Value*

Total Fat 4g 7%

Saturated Fat 1g 6%

Trans Fat

Cholesterol 161mg 54%

Sodium 58mg 2%

Total Carbohydrate 43g 14%

Dietary Fiber 2g 10%

Sugars 26g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 5% • Iron 12%

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