

Nutrition	Facts
Per 1 cup (227g) serving	

Amount	% Daily Value
Calories 148	
Total Fat 2 g	2 %
Saturated Fat 0 g + Trans Fat 0 g	3 %
Cholesterol 15 mg	
Sodium 670 mg	28 %
Total Carbohydrate 23 g	8 %
Dietary Fibre 6 g	24 %
Sugars 5 g	
Protein 11 g	
Vitamin A:	7 %
Vitamin C:	49 %
Calcium:	10 %
Iron:	16 %

Nutritional information has been calculated by a third-party software and is accurate based upon information and belief. However, no warranty, expressed or implied is intended.