

## Nutrition Facts

Servings 1.0

Amount Per Serving

**Calories** 190

**% Daily Value \***

**Total Fat** 5 g **8 %**

Saturated Fat 1 g **3 %**

Monounsaturated Fat 2 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 102 mg **4 %**

**Potassium** 400 mg **11 %**

**Total Carbohydrate** 36 g **12 %**

**Dietary Fiber** 10 g **39 %**

**Sugars** 25 g

**Protein** 5 g **10 %**

Vitamin A **0 %**

Vitamin C **73 %**

Calcium **30 %**

Iron **1 %**