

NUTRITION (Approx. per 100G)

Calories	358		Thiamin (B1)	0.12	mg
Protein	12.0	g	Riboflavin (B2)	0.05	mg
Fat	1.0	g	Niacin	1.20	mg
Saturated	0.14	g	Folate	0.033	mg
Trans Fat	0.00	g	Folic Acid	0.00	mg
MonoUnsaturated	0.08	g	Iron	1.10	mg
PolyUnsaturated	0.45	g	Sodium	2.0	mg
Carbohydrate	75.3	g	Potassium	107	mg
Complex	74.6	g	Phosphorus	108	mg
Sugars	0.7	g	Calcium	2.0	mg
Added Sugars	0.0	g	Vitamin A	0.0	mcg
Dietary Fiber	2.9	g	Vitamin C	0.0	mg
Soluble	1.8	g	Vitamin D	0.0	mcg
Insoluble	1.2	g			