

Nutrition Facts

Servings: 4

Amount per serving

Calories **114**

% Daily Value*

Total Fat 3.9g **5%**

Saturated Fat 0.7g **3%**

Cholesterol 3mg **1%**

Sodium 10mg **0%**

Total Carbohydrate 16.3g **6%**

Dietary Fiber 2.5g **9%**

Total Sugars 14.9g

Protein 5.2g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 1mg **3%**

Potassium 312mg **7%**