

| Per 100 g. | | |
|----------------------------|-------------|-------------|
| Calories | 348 | kcal |
| Moisture | 6 | g |
| Total Fat | 3.6 | g |
| Saturated | 0 | g |
| Unsaturated | 0 | g |
| Cholesterol | 0 | mg |
| Sodium | 7.95 | mg |
| Total Carbohydrates | 33.9 | g |
| Fiber | 16 | g |
| Sugars | 2.4 | g |
| Added Sugar | 0 | g |
| Protein | 7.1 | g |
| Ash | 0.6 | g |
| Vitamin A | 4.8 | IU |
| Vitamin B | 0 | mg |
| Vitamin C | 0 | mg |
| Vitamin D | 0 | IU |
| Vitamin E | 0 | IU |
| Vitamin K | 0 | mcg |
| Calcium | 29 | mg |
| Iron | 3 | mg |
| Magnesium | 66.7 | mg |
| Potassium | 220 | mg |