

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	IJ
Vitamin E	0	IU
Vitamin K	0	mcg
Calcium	29	mg
Iron	3	mg
Magnesium	66.7	mg
Potassium	220	mg

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