

Per 100 g.		
<b>Calories</b>	<b>345</b>	<b>kcal</b>
<b>Moisture</b>	<b>9.9</b>	<b>g</b>
<b>Total Fat</b>	<b>4.9</b>	<b>g</b>
<b>Saturated</b>	<b>0.4</b>	<b>g</b>
<b>Unsaturated</b>	<b>0.9</b>	<b>g</b>
<b>Cholesterol</b>	<b>0</b>	<b>mg</b>
<b>Sodium</b>	<b>9.4</b>	<b>mg</b>
<b>Total Carbohydrates</b>	<b>73.4</b>	<b>g</b>
<b>Fiber</b>	<b>14.8</b>	<b>g</b>
<b>Sugars</b>	<b>0.4</b>	<b>g</b>
<b>Added Sugar</b>	<b>0</b>	<b>g</b>
<b>Protein</b>	<b>10.1</b>	<b>g</b>
<b>Ash</b>	<b>1.4</b>	<b>g</b>
<b>Vitamin A</b>	<b>8.4</b>	<b>IU</b>
<b>Vitamin B</b>	<b>0</b>	<b>mg</b>
<b>Vitamin C</b>	<b>0</b>	<b>mg</b>
<b>Vitamin D</b>	<b>0</b>	<b>mg</b>
<b>Vitamin E</b>	<b>0</b>	<b>mg</b>
<b>Vitamin K</b>	<b>0</b>	<b>mcg</b>
<b>Calcium</b>	<b>33.4</b>	<b>mg</b>
<b>Iron</b>	<b>5.02</b>	<b>mg</b>
<b>Magnesium</b>	<b>0</b>	<b>mg</b>
<b>Potassium</b>	<b>406</b>	<b>mg</b>
<b>Other (e.g., ethanol)</b>	<b>0</b>	<b>g</b>