

Per 100 g.		
Calories	356	kcal
Moisture	7.0	g
Total Fat	1.4	g
Saturated	0.53	g
Mono Fat	0	g
Poly Fat	0	g
Trans Fat	0	g
Unsaturated	0.55	g
Cholesterol	8.9	mg
Sodium	52.2	mg
Total Carbohydrates	36.1	g
Complex Carbohydrates	-	g
Fiber	2.86	g
Sugars	0.4	g
Protein	48.96	g
Ash	0.39	g
Vitamin A	0	IU
Vitamin B	0.34	mg
Vitamin C	150	mg
Vitamin D	18.48	mg
Vitamin E	0.04	mg
Vitamin K	0.12	mcg
Calcium	269	mg
Iron	1.12	mg
Magnesium	109	mg
Potassium	324	mg
Other (e.g., ethanol)	0	g