

Per 100 g.		
Calories	320	kcal
Moisture	9.5	g
Total Fat	1.9	g
Saturated	0.4	g
Unsaturated	0.9	g
Cholesterol	0	mg
Sodium	450	mg
Total Carbohydrates	73.3	g
Fiber	12	g
Sugars	0.4	g
Added Sugars	0	g
Protein	11	g
Ash	1.5	g
Vitamin A	0	IU
Vitamin B	0	mg
Vitamin C	150	mg
Vitamin D	0	mg
Vitamin E	0	mg
Vitamin K	0	mcg
Calcium	32	mg
Iron	5.1	mg
Magnesium	0	mg
Potassium	410	mg
Other (e.g., ethanol)	0	g