

Per 100 g.		
Calories	339	kcal
Moisture	8.9	g
Total Fat	2.0	g
Saturated	0.4	g
Mono Fat	0	g
Poly Fat	0	g
Trans Fat	0	g
Unsaturated	1.0	g
Cholesterol	0	mg
Sodium	124	mg
Total Carbohydrates	74.9	g
Fiber	12.6	g
Sugars	0.41	g
Added Sugar	0	g
Protein	10.8	g
Ash	1.54	g
Vitamin A	8.98	IU
Vitamin B	0	mg
Vitamin C	0	mg
Vitamin D	0	mcg
Vitamin E	0	mg
Vitamin K	0	mcg
Calcium	33.7	mg
Iron	5.32	mg
Magnesium	0	mg
Potassium	431	mg
Other (e.g., ethanol)	0	g