

<b>Per 100 g.</b>		
<b>Calories</b>	<b>346</b>	<b>kcal</b>
<b>Moisture</b>	<b>10.8</b>	<b>g</b>
<b>Total Fat</b>	<b>1.99</b>	<b>g</b>
<b>Saturated</b>	<b>0.43</b>	<b>g</b>
<b>Unsaturated</b>	<b>0.95</b>	<b>g</b>
<b>Cholesterol</b>	<b>0</b>	<b>mg</b>
<b>Sodium</b>	<b>49.9</b>	<b>mg</b>
<b>Total Carbohydrates</b>	<b>75.34</b>	<b>g</b>
<b>Fiber</b>	<b>12.12</b>	<b>g</b>
<b>Sugars</b>	<b>4.09</b>	<b>g</b>
<b>Added Sugar</b>	<b>0</b>	<b>g</b>
<b>Protein</b>	<b>10.8</b>	<b>g</b>
<b>Ash</b>	<b>0.48</b>	<b>g</b>
<b>Vitamin A</b>	<b>8.55</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>33.1</b>	<b>mg</b>
<b>Iron</b>	<b>5.10</b>	<b>mg</b>
<b>Magnesium</b>	<b>20.9</b>	<b>mg</b>
<b>Potassium</b>	<b>416</b>	<b>mg</b>
<b>Other (e.g., ethanol)</b>	<b>0</b>	<b>g</b>