

Per 100 g.		
Calories	151	kcal
Moisture	5.1	g
Total Fat	0.08	g
Saturated	0.07	g
Trans Fat	0	g
Unsaturated	0	g
Cholesterol	0	mg
Sodium	143	mg
Total Carbohydrates	14.0	g
Fiber	3.2	g
Sugars	1.9	g
Inc. Added Sugar	1.9	g
Protein	24.1	g
Ash	1.7	g
Vitamin A	0.7	IU
Vitamin B	0	mg
Vitamin C	30.0	mg
Vitamin D	0	mcg
Vitamin E	0	mg
Vitamin K	0	mcg
Calcium	4.1	mg
Iron	1.8	mg
Magnesium	0	mg
Potassium	157.4	mg
Other (e.g., ethanol)	0	g