



NUTRITION FACTS SERVING : PER 100g

| | | |
|---------------------|--------|--------------------------|
| Energy | 353.0 | Kcal |
| | 1477.6 | kJ |
| Protein | 6.9 | g |
| Total Carbohydrate | 81.1 | g |
| Total Fat | 0.1 | g |
| Sodium | 146.7 | mg |
| Potassium | 1026.7 | mg |
| Calcium | 43.1 | mg |
| Iron | 8.8 | mg |
| Phosphorus | 1055.1 | mg |
| Vitamin B1 | 0.1 | mg |
| Vitamin B2 | 0.1 | mg |
| Vitamin B3 | 0.14 | mg |
| Vitamin E | 0.9 | mg |
| Vitamin B6 | 0.2 | mg |
| Calories per gram : | | |
| Fat | 9 | Carbohydrate 4 Protein 4 |