

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 4 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container 1	
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Amount Per Serving	
Calories 53	Calories From Fat 1
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% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 13g	4%
Dietary Fiber 3g	12%
Protein 1g	
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Vitamin A 5%	Vitamin C 101%
Calcium 5%	Iron 1%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Fat Free
 Low Saturated Fat
 Cholesterol Free
 Sodium Free
 Healthy
 High in Vitamin C
 Good Source of Fiber