

| Per 100 g. | | |
|-----------------------|--------|------|
| Calories | 344 | kcal |
| Moisture | 5.8 | g |
| Total Fat | 1.06 | g |
| Saturated | .72 | g |
| Unsaturated | .34 | g |
| Cholesterol | 4.2 | mg |
| Sodium | 810 | mg |
| Total Carbohydrates | 72.54 | g |
| Fiber | 1.54 | g |
| Sugars | 71 | g |
| Protein | 14.5 | g |
| Ash | 6.1 | g |
| Vitamin A | 21 | IU |
| Vitamin B | 15.85 | mg |
| Vitamin C | 151.05 | mg |
| Vitamin D | 0 | mg |
| Vitamin E | .02 | mg |
| Vitamin K | .14 | mcg |
| Calcium | 561 | mg |
| Iron | 1.77 | mg |
| Magnesium | 128.6 | mg |
| Potassium | 1,483 | mg |
| Other (e.g., ethanol) | 0 | g |