

Nutritional value**56g**

Energetic value	190.23 Kcal (803.1kJ)
protein	29.3 g
Carbohydrates of which Sugars	10.8 g 5.32 g
fats	2.1 g
Insoluble fibers	2.8 g
Soluble fibers	2.8 g
Calcium	157.58 mg (30.68% *)
Sodium	185.16 mg
Potassium	171.05 mg (8.55% *)
Chloride	132.8 mg (16.6% *)
Phosphorus	89.6 mg (12.8% *)
C vitamin	46.1mg (57.61% *)
niacin	8.3 mg (51.87% *)
Pantothenic acid	3.08 mg (51.33% *)
Vitamin B6	1.12 mg (80% *)
thiamin	0.78 mg (71.27% *)
Folic acid	104.5 µg (52.25% *)
Vitamin B12	0.46 µg (18.37% *)
* RDA - Recommended Daily Intake	