

Nirittiarit, inuukhaarit, aallanut atuqulugu

*Nakuuyug Tupattaut
Kaapiklu Tulu*

Maliklugu

10%-mik atuqtakhaq

Pilugit niqit piqaqtut 10%-mik uplurmut ihuaqhihimayut nakuuyunik ilalgit hapkuninnga fibre-nik vitamaniklu.

Nirihuirlugit niqit ilalgit avatquhimayanik 10%-mik uplurmut ihuaqhihimayut sukanik uqhuniklu.

Nutrition Facts

Serving Size 1 cup (30.0g)

Amount Per Serving

Calories 111 Calories from Fat 16

% Daily Value*

Total Fat 1.8g 3%

Saturated Fat 0.4g 2%

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.6g

Cholesterol 0mg 0%

Sodium 273mg 11%

Total Carbohydrates 22.2g 7%

Dietary Fiber 2.7g 11%

Sugars 1.2g

Protein 3.3g

Vitamin A 10% Vitamin C 10%

Calcium 10% Iron 45%

* Based on a 2000 calorie diet



Nakuuyug Tupattaut



መሥሪያ ቤቅ ለጤናማ ግብይት ጥራት

ጤናማ ግብይት ጥራት ለጤናማ ግብይት

ጤናማ ግብይት ጥራት 10% ጥንቃቄ ጥራት

ጥንቃቄ ጥራት 10% ጥንቃቄ ጥራት ለጤናማ ግብይት ጥራት ለጤናማ ግብይት ጥራት

ጥንቃቄ ጥራት 10% ጥንቃቄ ጥራት ለጤናማ ግብይት ጥራት ለጤናማ ግብይት ጥራት

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