

Nutrition Facts

Per 1 unit

Fried ball

(50 g)

Baked ball

(75 g)

Calories

220

320

Fat

12 g 16 %

10 g 13 %

Saturated
+ Trans

1.5 g 8 %

1.5 g 8 %

0 g

0 g

Carbohydrate

24 g

49 g

Fibre

1 g 4 %

1 g 4 %

Sugars

6 g 6 %

13 g 13 %

Protein

4 g

8 g

Cholesterol

10 mg

20 mg

Sodium

85 mg 4 %

170 mg 7 %

Potassium

50 mg 1 %

125 mg 3 %

Calcium

50 mg 4 %

100 mg 8 %

Iron

1.25 mg 7 %

2.5 mg 14 %

* DV = Daily Value

* 5% or less is **a little**, 15% or more is **a lot**