

Nutrition Facts

Per 1 unit

Fried ball

(50 g)

Baked ball

(75 g)

Calories

220

320

	Amount	% DV *	Amount	% DV *
Fat	12 g	16 %	10 g	13 %
Saturated	1.5 g		1.5 g	
+ Trans	0 g	8 %	0 g	8 %
Omega-6	2 g		2 g	
Omega-3	0.9 g		0.6 g	
Monounsaturated	6 g		4.5 g	
Carbohydrate	24 g		49 g	
Fibre	1 g	4 %	1 g	4 %
Sugars	6 g	6 %	13 g	13 %
Polyols	0 g		0 g	
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 %
Vitamin D	1 µg	5 %	2 µg	10 %

* DV = Daily Value

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