Given a string text, you want to use the characters of text to form as many instances of the word **"balloon"** as possible.

You can use each character in text **at most once**. Return the maximum number of instances that can be formed.

**Example 1:**

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**Input:** text = "nlaebolko"

**Output:** 1

**Example 2:**

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**Input:** text = "loonbalxballpoon"

**Output:** 2

**Example 3:**

**Input:** text = "leetcode"

**Output:** 0

**Constraints:**

* 1 <= text.length <= 10^4
* text consists of lower case English letters only.