

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 194

Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 6mg **0%**

Total Carbohydrates 39g **13%**

Dietary Fiber 5g **19%**

Sugars 23g

Protein 4g **8%**

Vitamin A 950IU 19% Vitamin C 49mg 82%

Calcium 61mg 6% Iron 2mg 10%

Vitamin E 1mg 3% Vitamin K 2µg 2%

Thiamin 0mg 13% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 16% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 34µg 8%

Phosphorus 99mg 10% Magnesium 61mg 15%

Zinc 1mg Selenium 2µg

Copper 0mg Manganese 1mg

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

Full Breakdown

Nutrient

% Daily Value *

Water 153g

Energy 194kcal

Energy 813kJ

Protein 4g **8%**

Total lipid (fat) 5g **8%**

Ash 2g

Carbohydrate, by difference 39g **13%**

Fiber, total dietary 5g **19%**

Sugars, total 23g

Sucrose 6g

Glucose (dextrose) 10g

Fructose 7g

Calcium, Ca 61mg **6%**

Iron, Fe 2mg **10%**

Magnesium, Mg 61mg **15%**

Phosphorus, P 99mg **10%**

Potassium, K 693mg **20%**

Sodium, Na 6mg **0%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 24µg

Vitamin C, total ascorbic acid 49mg **82%**

Niacin 2mg **8%**

Pantothenic acid 1mg **7%**

Folate, total 34µg

Folate, food 34µg **8%**

Folate, DFE 34µg

Choline, total 10mg

Vitamin A, RAE 47µg

Carotene, beta 570µg

Vitamin A, IU 950IU **19%**

Lutein + zeaxanthin 34µg

Vitamin E (alpha-tocopherol) 1mg **3%**
Tocopherol, gamma 2mg

Vitamin K (phylloquinone) 2µg **2%**

Fatty acids, total

monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total

polyunsaturated 3g

18:2 undifferentiated 3g

18:2 n-6 c,c 3g

Phytosterols 5mg

Beta-sitosterol 9mg

Aspartic acid 1g

Glutamic acid 1g