

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 36

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 9g 3%

Dietary Fiber 1g 4%

Sugars 8g

Protein 0g 1%

Vitamin A 76IU 2% Vitamin C 3mg 5%

Calcium 25mg 3% Iron 4mg 22%

Vitamin E 0mg 0% Vitamin K 18µg 23%

Thiamin 0mg 1% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 1%

Vitamin B6 0mg 3% Vitamin B12 0µg 0%

Pantothenic acid 0mg 1% Folate 4µg 1%

Phosphorus 7mg 1% Magnesium 10mg 2%

Zinc 0mg Selenium 0µg

Copper 0mg Manganese 0mg

* 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 9g

Energy 36kcal

Energy 134kJ

Carbohydrate, by difference 9g 3%

Fiber, total dietary 1g 4%

Sugars, total 8g

Glucose (dextrose) 3g

Fructose 3g

Calcium, Ca 25mg 3%

Iron, Fe 4mg 22%

Magnesium, Mg 10mg 2%

Phosphorus, P 7mg 1%

Potassium, K 92mg 3%

Sodium, Na 1mg 0%

Vitamin C, total ascorbic acid 3mg 5%

Folate, total 4µg

Folate, food 4µg 1%

Folate, DFE 4µg

Choline, total 1mg

Vitamin A, RAE 4µg

Carotene, beta 45µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 76IU 2%

Lutein + zeaxanthin 24µg

Vitamin K (phylloquinone) 18µg 23%

Phytosterols 3mg