

Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

Calories 303

Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrates 74g **25%**

Dietary Fiber 10g **39%**

Sugars 49g

Protein 5g **11%**

Vitamin A 8753IU 175% Vitamin C 47mg 78%

Calcium 231mg 23% Iron 3mg 18%

Vitamin E 4mg 13% Vitamin K 437µg 547%

Thiamin 0mg 13% Riboflavin 0mg 26%

Vitamin D 26IU 6% Niacin 2mg 9%

Vitamin B6 1mg 34% Vitamin B12 1µg 13%

Pantothenic acid 1mg 7% Folate 197µg 49%

Phosphorus 121mg 12% Magnesium 121mg 30%

Zinc 1mg Selenium 3µg

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 493g

Energy 303kcal

Energy 1263kJ

Protein 5g **11%**

Total lipid (fat) 2g **3%**

Ash 3g

Carbohydrate, by difference **25%**

74g

Fiber, total dietary 10g **39%**

Sugars, total 49g

Sucrose 5g

Glucose (dextrose) 16g

Fructose 24g

Starch 7g

Calcium, Ca 231mg **23%**

Iron, Fe 3mg **18%**

Magnesium, Mg 121mg **30%**

Phosphorus, P 121mg **12%**

Potassium, K 1199mg **34%**

Sodium, Na 110mg **5%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid **78%**

47mg

Niacin 2mg **9%**

Pantothenic acid 1mg **7%**

Vitamin B-6 1mg **34%**

Folate, total 197µg

Folate, food 197µg **49%**

Folate, DFE 197µg

Choline, total 40mg

Betaine 92mg

Vitamin B-12 1µg	13%
Vitamin B-12, added 1µg	
Vitamin A, RAE 469µg	
Retinol 38µg	
Carotene, beta 5145µg	
Carotene, alpha 25µg	
Cryptoxanthin, beta 43µg	
Vitamin A, IU 8753IU	175%
Lutein + zeaxanthin 11066µg	
Vitamin E (alpha-tocopherol) 4mg	13%
Vitamin E, added 2mg	
Vitamin D 26IU	6%
Vitamin K (phylloquinone) 437µg	547%
Fatty acids, total monounsaturated 1g	
Fatty acids, total polyunsaturated 1g	
Phytosterols 24mg	
Aspartic acid 1g	
Glutamic acid 1g	