

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 201

Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1108mg 46%

Total Carbohydrates 37g 12%

Dietary Fiber 9g **38%**

Sugars 23g

Protein 6g 11%

Vitamin A 3520IU 70% Vitamin C 46mg 77%

Calcium 255mg 25% Iron 4mg 23%

Vitamin E 1mg 5% Vitamin K 142µg 178%

Thiamin 0mg 13% Riboflavin 0mg 9%

Vitamin D 0IU 0% Niacin 2mg 10%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 82µg 21%

Phosphorus 167mg 17% Magnesium 114mg 28%

Zinc 1mg Selenium 1µg

Copper 0mg Manganese 2mg

* 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 263g

Energy 201kcal

Energy 633kJ

Protein 6g 11%

Total lipid (fat) 6g 9%

Ash 3g

Carbohydrate, by difference 12%

37g

Fiber, total dietary 9g 38%

Sugars, total 23g

Sucrose 3g

Glucose (dextrose) 3g

Fructose 4g

Calcium, Ca 255mg 25%

Iron, Fe 4mg 23%

Magnesium, Mg 114mg 28%

Phosphorus, P 167mg 17%

Potassium, K 872mg 25%

Sodium, Na 1108mg 46%

Zinc, Zn 1mg

Manganese, Mn 2mg

Selenium, Se 1µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 77%

46mg

Niacin 2mg 10%

Folate, total 82µg

Folate, food 82µg 21%

Folate, DFE 82µg

Choline, total 26mg

Betaine 8mg

Vitamin A, RAE 177µg

Carotene, beta 1917µg

Carotene, alpha 160µg

Cryptoxanthin, beta	208µg	
Vitamin A, IU	3520IU	70%
Lycopene	2624µg	
Lutein + zeaxanthin	2794µg	
Vitamin E (alpha-tocopherol)	1mg	5%
Tocopherol, gamma	1mg	
Vitamin K (phylloquinone)	142µg	178%
Fatty acids, total monounsaturated	2g	
18:1 undifferentiated	2g	
Fatty acids, total polyunsaturated	2g	
18:2 undifferentiated	2g	
Phytosterols	21mg	
Campesterol	1mg	
Beta-sitosterol	6mg	
Aspartic acid	1g	
Glutamic acid	1g	